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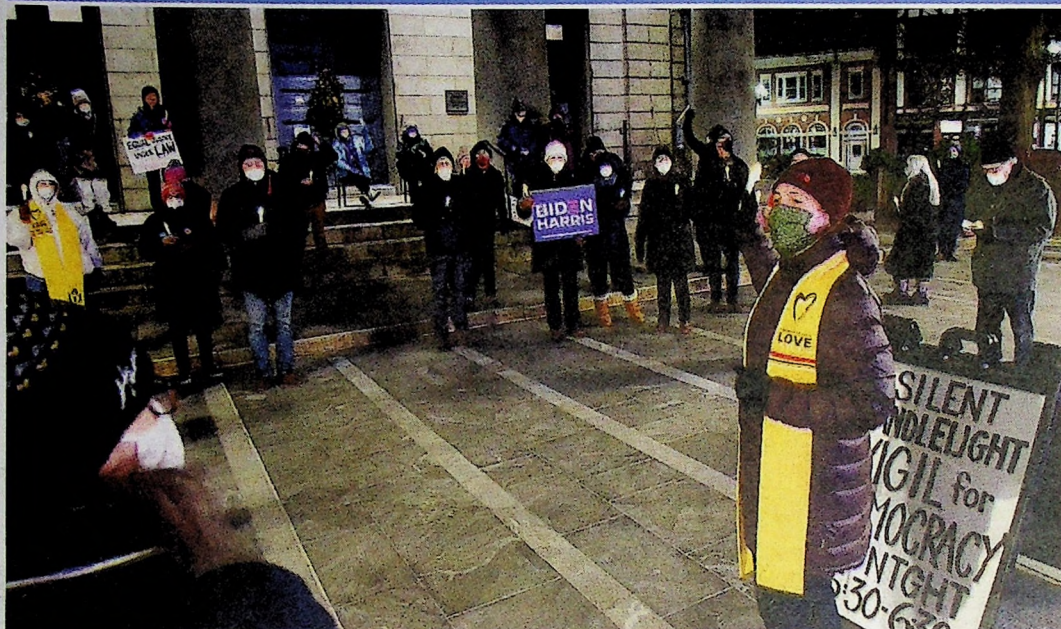


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REV. REBECCA FROOM (right, near sign), minister of United First Parish Church, speaks before a silent vigil outside the Church of the Presidents Jan. 6th marking the one-year anniversary of the insurrection on the U.S. Capitol.

'The Promise Of Democracy Is Shared By All Of Us'

Vigil Marks 1-Year Anniversary Of Capitol Insurrection

By ROBERT BOSWORTH

A silent vigil marking the somber one-year anniversary of the U.S. Capitol insurrection was held on the steps of United First Parish Church Jan. 6. About 70 in-

dividuals huddled on a cold winter's night holding battery-powered candles that flickered in the hope that "democracy is shared by all of us."

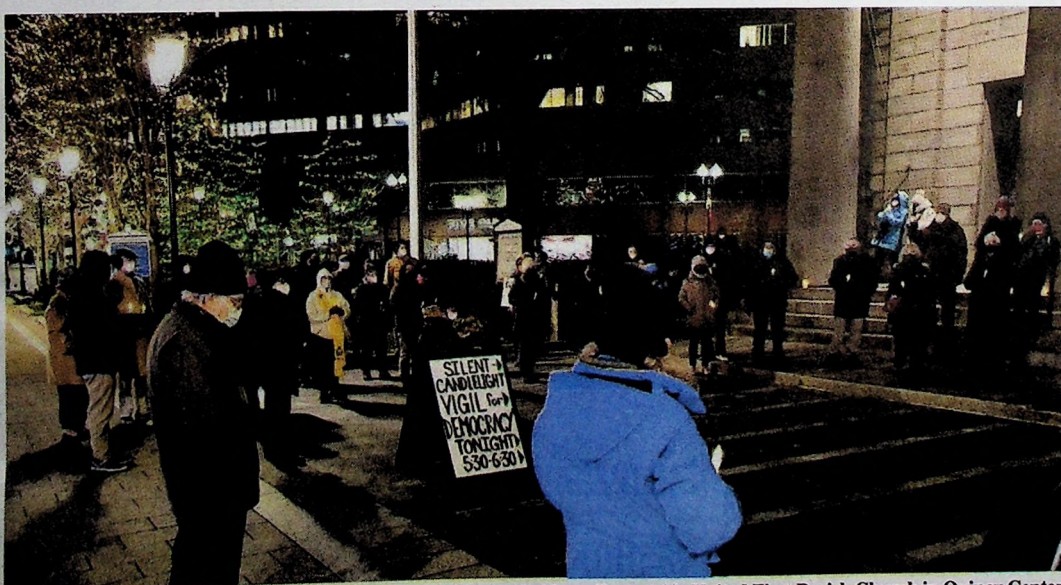
Shortly after the group

gathered on the steps of the church at 5:30 p.m., Rev. Rebecca Froom, minister of United First Parish Church, delivered an inspiring message of unity for the nation and "to keep moving in a di-

rection of equality and compassion and justice for all."

She said that the Capitol insurrection that unfolded in Washington, D.C. one year ago underscored "a threat to

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SOME OF THE 70 people who attended the silent vigil Jan. 6 hold candles outside United First Parish Church in Quincy Center across from City Hall and the Hancock-Adams Common. Among those attending the vigil was Rev. Sheldon Bennett (foreground left), minister emeritus of UFP Church, "Church of the Presidents."

AARP Mass. Monthly Fraud Update - Page 4
Attorney Represents 50th Lottery Winner - Page 8
Housing Authority Vehicles Vandalized - Page 11

Local Group Aims To Open New Hospital

By SCOTT JACKSON

A local group led by the former chief of surgery at the now-closed Quincy Medical Center hopes to open a new acute-care hospital within the city.

Steward Health Care, a for-profit company, closed most of the hospital on Whitwell Street in 2014. The company kept the emergency room on site open as a satellite facility of Carney Hospital through late 2020. The closure made Quincy

the largest city in Massachusetts without a hospital.

Dr. Tony Dragone, who recently turned 80, spent decades working at the hospital as a surgeon, including as its chief of surgery from 1991 to 2000. In a recent interview, Dragone recalled being there when Quincy Medical Center closed in 2014 and saying to himself, "this can't be forever."

In the interview, Dragone said he is now the head

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'Significant Spike' In School COVID Cases Following Winter Break

By SCOTT JACKSON

The Quincy Public Schools are taking a number of steps in response to a "significant spike" in COVID-19 numbers following winter break, Supt. Kevin Mulvey said recently, potentially even bringing in

the National Guard to assist with the district's testing programs.

Mulvey provided an update on the district's response to the pandemic during the School Committee's organizational meeting on

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City Plants 500 New Trees

Quincy's Department of Natural Resources recently finished planting 500 new trees along Quincy's streets during the fall and early winter.

The trees were funded by Mayor Thomas Koch through a budget appropriation approved by the City Council. They were planted in every neighborhood in the city, according to a press

release issued by mayor's office.

Tree species planted include Autumn Blaze Red Maple, Sweet Gum Hap-pid-aze, Japanese Lilac, Armstrong Red Maple, Eastern Red Bud, Snow Goose Cherry, Ginkgo Magyar, Canada Red Select Cherry, October Glory Red Maple, and Kwanzan Cherry.

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More Quincy news:

The Quincy Sun.com



Rethinking Weight Loss Resolutions

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

This is the time of year that many of us make resolutions related to better health and fitness. The most common concern is to reduce body weight, which is an important consideration for most Americans.

However, it is even more important to improve our body composition, something that the bathroom scale does not reveal. Adults who do not perform strength exercise lose about 6 pounds of muscle every decade. Consequently, a (non-strength training) person who weighs the same at age 60 as at age 20 may have 24 pounds less muscle and 24 pounds more fat. Even though the body weight remained constant, the body composition changed by 48 pounds, with too little muscle and too much fat for desirable health and fitness.

Although some people eat too much food, most of us are reasonably conscientious about our caloric intake. In fact, according to medical research, approximately 70 percent of American adults are following a reduced calorie diet plan. Therefore, over-eating may not be the primary cause of fat gain. Instead, under-exercising may be the underlying problem, specifically the lack of strength training. Here is what occurs in most cases.

The 6-pound per decade

muscle loss leads to a 3 percent per decade metabolic rate reduction. Like changing from an 8-cylinder engine to a 4-cylinder engine, less muscle tissue means less energy used every day (even at rest). The calories that were previously used to maintain larger muscles are now redirected to the body's fat cells, resulting in progressive fat gain known as "creeping obesity".

If muscle loss leads to metabolic decrease and fat gain, it makes sense that muscle gain leads to metabolic increase and fat loss. Indeed, it does. Several research studies have shown that basic strength training rebuilds muscle, recharges resting metabolism, and reduces fat.

In addition to reducing your bodyweight and improving your body composition, properly performed resistance exercise provides the following health/fitness benefits: (1) increased muscularity for improved physical abilities; (2) increased bone density for reduced risk of osteoporosis; (3) increased glucose utilization for reduced risk of diabetes; (4) increased good cholesterol and decreased bad cholesterol for reduced risk of cardiovascular disease; (5) decreased resting blood pressure for reduced risk of cardiovascular disease; (6) increased gastrointestinal transit speed for re-

duced risk of colon cancer; (7) increased lumbar spine strength for reduced risk of lower back pain; (8) increased joint strength for reduced risk of arthritis; (9) improved self-efficacy for reduced risk of depression; (10) improved balance/stability for reduced risk of falling.

Perhaps the most amazing aspect of strength training is that these important health/fitness benefits are attained with relatively brief bouts of resistance exercise. Many of the strength training studies on this topic (including all of ours) featured 1 set of 8 to 12 basic strength exercises, performed with a resistance that permitted 8 to 12 repetitions, using controlled movement speed and full movement range, 2 or 3 non-consecutive days per week. This is a very practical strength training protocol, that I highly recommend for beginning and intermediate exercisers.

Almost all weight loss programs result in fat loss (good), muscle loss (bad), metabolic rate reduction (bad), and eventual weight regain (bad). If you would prefer not to lose muscle, reduce your metabolic rate, and regain the "lost" weight, please consider the results of our 6-month Weight Loss Study and our follow-up 6-month Weight Maintenance Study. Both studies featured 2 to 3 weekly exer-

cise sessions, with 20 minutes of resistance training and 20 minutes of aerobic activity. Both studies also requested the participants to consume between 0.6 and 0.7 grams of protein for every pound of ideal body weight. For example, a person who should weigh about 120 pounds would try to eat between 72 and 84 grams of protein daily.

In the 6-month Weight Loss Study, male participants attempted to eat between 1,500 and 1,800 calories per day, and female participants attempted to eat between 1,200 and 1,500 calories per day. None of the 90 study subjects (18 and 75 years of age) indicated that the recommended calorie range was too low, and all had plenty of energy to perform their daily activities and exercise sessions (as confirmed by an 83 percent program completion rate). The study results were excellent and highly atypical. Most diet programs have a low completion rate, and a significant loss of muscle tissue (about 20 percent of the total weight loss). On average, our study participants lost 12 pounds of fat and added 3.5 pounds of muscle for a 15.5-pound improvement in their body composition and personal

appearance. Additionally, they reduced their systolic blood pressure by 6 mmHg, their diastolic blood pressure by 5 mmHg, and their blood sugar (HbA1c) by almost 0.2 points.

In the follow-up 6-month Weight Maintenance Study, the results were even more impressive. Whereas almost everyone loses weight on reduced calorie diet plans, almost everyone regains most of the "lost" weight after 6 months of normal eating. Like all weight maintenance studies, our participants ate normally (no caloric restrictions) during the 6-month post-diet period. We simply asked them to continue their higher protein intake and their exercise program. No one objected to these requests, and 85 percent of the participants did so throughout the study period. On average, the program completers experienced no weight gain while continuing to decrease fat and increase muscle. In fact, the weight maintenance participants added 3.1 pounds of muscle during the 6-month weight maintenance period. Remarkably, over the course of 12 months, these individuals rebuilt 6.6 pounds of muscle, which reverses 10 years of (typical) age-related muscle loss.

Based on these results, I recommend the following general guidelines for a



WAYNE WESTCOTT

safe, sensible, and successful weight loss program that provides many additional health/fitness benefits.

1. Moderate daily calorie consumption (about 1,200 to 1,500 calories for women; about 1,500 to 1,800 calories for men).

2. Moderate exercise sessions (2-3 days/week; about 20 minutes of strength training; about 20 minutes of aerobic activity).

3. Increased protein intake (about 0.6 to 0.7 grams per pound of ideal body weight).

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne has been a strength training consultant for all 5 United States military forces and for 6 NFL football teams.

No Tobacco '22: Lung Association Tips To Begin Journey To A Tobacco-Free 2022

Along with hitting the gym more often and starting a diet, quitting smoking tops many New Year's resolution lists. Quitting tobacco isn't easy, but 50 million ex-smokers in the United States are proof that it's achievable.

Tobacco use remains the nation's leading cause of preventable death and disease and is a serious public health threat. Nationally, nearly 40 million Americans smoke. In Massachusetts the adult smoking rate is 12% and high school tobacco use rate is 37%. To encourage people to quit smoking, vaping and using all tobacco products in 2022, the American Lung Association is promoting No Tobacco '22. To help people quit, the organiza-

tion is sharing tips and resources through social media and Lung.org.

"More than 70% of smokers want to quit smoking and 40% will make an attempt this year, but only between 4 and 7% can quit without support," said Jennifer Folkenroth, National Senior Director, Tobacco Programs, the American Lung Association. "Smokers and tobacco users who want to quit should make a plan to be successful such as setting quit date, understanding smoking triggers, talking to a doctor about quit smoking medications and finding support through family, friends and cessation programs."

The American Lung Association offers five tips to help Americans who are

ready to commit to No Tobacco '22:

1. **It's never too late to quit.** While it's best to quit as early as possible, quitting tobacco use at any age will enhance the length and quality of your life. You'll also save money and avoid the hassle of going outside in the cold to smoke or vape. You can even inspire those around you to quit.

2. **Learn from past experiences.** Most people who smoke, chew or vape have tried to quit before and sometimes people get discouraged thinking about previous attempts. Instead, treat those experiences as steps on the road to future success. Think about what helped you during those tries and what you'll do differently in your next quit attempt.

3. **You don't have to quit alone.** Enrolling in a proven-effective cessation counseling program such as the Lung Association's Freedom From Smoking Program can increase your chances of successfully quitting and staying quit by 50%. In addition to enroll-

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Santoro New School Committee Vice Chairperson

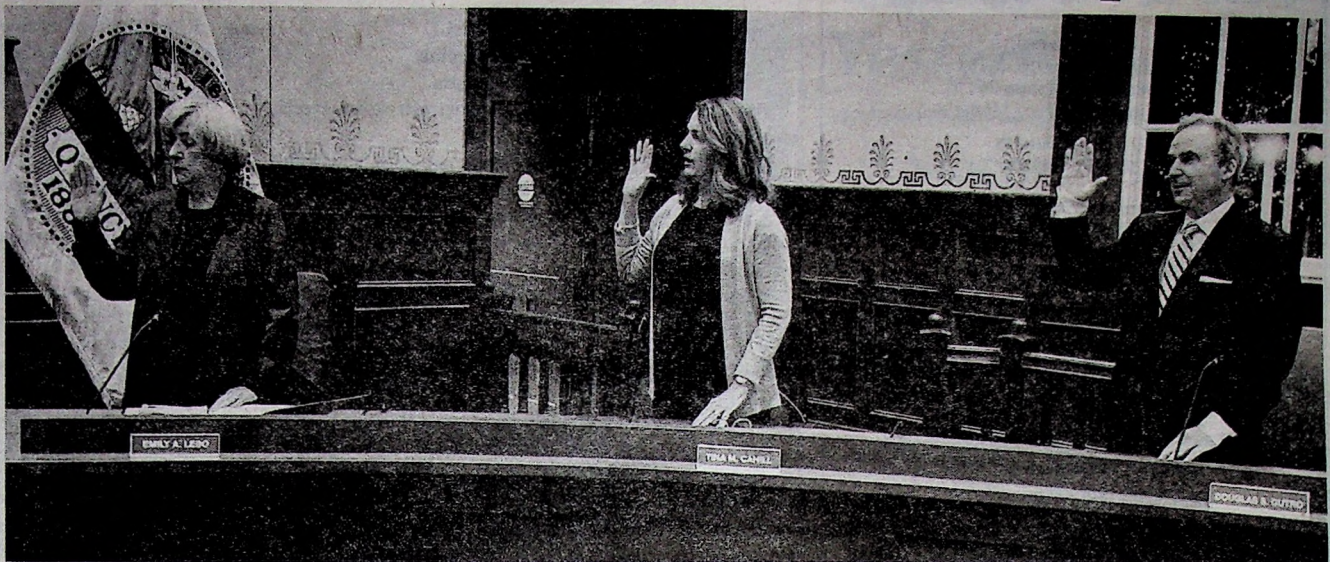
By SCOTT JACKSON

Shortly after being chosen by his peers to serve as the new vice chairperson of the School Committee, Frank Santoro said there was a "glimmer of light at the end of a dark tunnel" for the school system as it continues to confront the pandemic.

Santoro was elected vice chairperson of the committee in a unanimous vote on Jan. 5 during the board's organizational meeting. The meeting was held inside the Great Hall of the McIntyre Government Center, with family members and school administrators invited to attend.

The Jan. 5 meeting also saw three committee members — incumbents Douglas Gutro and Emily Lebo along with newcomer Tina Cahill — sworn into new four-year terms by Mayor Thomas Koch, the committee's chairperson.

This will be Santoro's second time serving as the vice chairperson of the School Committee. He previously served eight years



SCHOOL COMMITTEE members (from left) Emily Lebo, Tina Cahill and Douglas Gutro were sworn-in at the start of their new four-year terms on Jan. 5 during the committee's organizational meeting in the McIntyre Government Center. Gutro and Lebo were reelected to the committee in November while Cahill was making her first run for office. *Quincy Sun Photo/Scott Jackson*

on the committee in the late 1980s and early 1990s, including two years as vice chair. Santoro, who previously worked in the Boston and Brookline school systems, was named principal at Central Middle School in 2000 and then at Quincy High School in 2005, the position he retired from in 2013. He was elected to his

current term on the school board in 2019.

At the Jan. 5 organizational meeting, Santoro reflected on his past experience on the committee.

"It's ironic how history sometimes repeats itself; 30-some years ago in this very same room I sat on this committee with a commit-

tee that was hard at work coming through the most difficult years a school committee could face," Santoro said.

"We were a committee like all other committees in Massachusetts dealing with the hardships of Proposition 2 1/2. The committee closed 10 elementary schools and

had to deal with laying off many employees.

"As the vice chair and under the leadership of then Mayor Jim Sheets, we began to see the light at the end of the tunnel. The Wollaston School and Beechwood Knoll School reopened. We began to learn how to deal with the fiscal responsibili-

ties of Proposition 2 1/2. The open forum was created so residents could speak their concerns. Citywide PTO and student representatives were given seats at the table."

The past two years have presented the committee with a new set of challeng-

Cont'd On Page 13

Heat Pumps Topic Online Program Jan. 19

Quincy Climate Action Network, Massachusetts Green Energy Consumers Alliance and Quincy Asian Resources, Inc. will host a program focusing on heat pumps later this month.

The program will be held virtually on Wednesday, Jan. 19 at 7 p.m.

Have you heard about heat pumps? Heat pumps transfer heat from your living space to the outside or from the outside into the living space, depending on whether the goal is heating or cooling. The process of transferring existing heat is more efficient than generating heat.

Experts from Quincy Climate Action Network (QCAN), Massachusetts Green Energy Consumers Alliance, and Mass Save program implementer ICF will explain the different types of heat pumps, discuss real-world costs of installation and operation (including newly revised incentive programs for 2022), the practical pros and cons, and how green energy sourcing can ensure your home is heated and cooled with 100% renewable energy. A Quincy resident who recently installed a heat pump will also be there to answer practical questions from a homeowner's perspective.

Learn all about these super-efficient heating and cooling devices, and whether they make sense for your home.

To attend the free online Heat Pumps 101 event, use Zoom (meeting ID 872 8068 5757) or call in (646-558-8656) and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library YouTube channel (www.youtube.com/ThomasCranePublicLibrary).

To get a reminder with the Zoom link the day before, RSVP at: <https://www.eventbrite.com/e/heat-pumps-101-tickets-234020560797>.

Email info@QuincyCAN.org if you would like to request a Mandarin or Cantonese translator for the event. Those who have any concerns about accessing or attending the virtual event online should email info@QuincyCAN.org.

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Moments in time

THE HISTORY CHANNEL

• On Jan. 26, 1788, Capt. Arthur Phillip guides a fleet of 11 British ships carrying convicts to the colony of New South Wales, effectively founding Australia. The date eventually became commemorated as Australia Day.

• On Jan. 25, 1905, at the Premier Mine in Pretoria, South Africa, a 3,106-carat diamond is discovered. Weighing 1.33 pounds and christened the "Cullinan," it was the largest diamond ever found.

• On Jan. 24, 1935, canned beer makes its debut. In partnership with the American Can Company, the Gottfried Krueger Brewing Company delivered 2,000 cans of beer to faithful Krueger drinkers in Richmond, Virginia. Some 91% of the drinkers approved of the canned beer.

• On Jan. 30, 1943, the British Royal Air Force begins a bombing campaign in Berlin that coincides with the 10th anniversary of Hitler's accession to power. Two days later, a massive surrender of German troops occurred at Stalingrad.

• On Jan. 27, 1967, a fire on the launch pad during Apollo 1 program tests at Cape Canaveral, Florida, kills astronauts Virgil "Gus" Grissom, Edward H. White II and Roger B. Chaffee. An investigation implicated a faulty electrical wire inside the command module as the probable cause.

• On Jan. 29, 1979, Brenda Spencer, 16, kills two men and wounds nine children as they enter an elementary school in San Diego, blasting away with a rifle from her home across the street. Despite drug abuse and anger issues; her father had given her a .22 rifle and 500 rounds of ammunition as a Christmas gift.

• On Jan. 28, 1985, dozens of pop stars gather to lay down tracks for "We Are the World," under the direction of Quincy Jones. The song would go on to sell more than 7 million copies and raise more than \$60 million for African famine relief. Participants were told: "Check your egos at the door."

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Pepper plants are perennials, propagated by seeding directly in the soil or by transplanting seedlings started in greenhouses. Pepper fruits come in many shapes and sizes. Traces of them have been found in prehistoric ruins in Peru and Mexico, and the plants were widely grown in Central and South America by pre-Columbian civilizations. Its seeds were carried to Spain in 1493, and spread rapidly throughout Europe.

- Brenda Weaver

AARP Monthly Fraud Watch Update

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks.

It's free of charge for everyone: AARP members, non-members, and people of all ages.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork for more information on fraud prevention.

SCAM ALERT #1:

New Year's Resolution

It's New Year's Resolution time. Time to make a commitment to be fraud aware in 2022. For the next 52 weeks, like clockwork, scammers will be on the prowl looking to steal our money or sensitive information. Fraud is at an all-time high, but we can all take steps to help prevent it from happening to us.

Follow some basic measures: only share sensitive information when needed and only with people who you know and trust; don't click on links to avoid going to a cloned website or downloading malware onto your device; use strong and unique passwords and multi-factor authentication where available; keep your operating system and device protections updated; and if someone asks you to make a payment using a gift card, it is a scam.

SCAM ALERT #2:

Credit Repair Scams

If you're like a lot of Americans, you spent a lot this holiday season and you might be in the mood to tackle your debt in the New Year. Getting yourself out of debt takes time and discipline. Be wary of offers of guaranteed quick fixes.

Con artists prey on consumer's frustration over finances by offering the keys to getting your finances in order. These offers usually involve up-front fees, bad advice like stopping communication with your creditors and vague details on what services they actually provide. If you need help get-

ting out of debt, turn to an organization like the nonprofit National Foundation for Credit Counseling.

SCAM ALERT #3:

Text Scams

If you're like a lot of Americans, you spend a lot of time deleting scam text messages from your phone. Fraud attacks always spike during the holidays and, according to the call-blocking service Robokiller, scam texts now outnumber fraudulent phone calls. Criminals make scam texts look legitimate. Here is some guidance on how to recognize fraudulent text messages: federal government agencies do not conduct business by text, so that text from the IRS is a fake. Think twice when receiving a text message that instills fear or urgency - these are core fraud tactics. If the message makes you concerned there's a problem, say with your bank account, utility payments, or retailer account, contact the source in a manner you know to be legitimate rather than clicking the link or calling a number provided in the message.

SCAM ALERT #4:

Utility Bill Scams

Winter is upon us and with temperatures plummeting in many areas, keeping the heat on is critical - a fact that scammers try to take advantage of. Each winter, utility scams spike as con artists claiming to be from the utility company will threaten to cut off service if you don't make an immediate payment.

The faux utility representative may tell you the quickest way to solve the problem is by going to a specific store, picking up a specific gift card, and loading a specific amount of money on it. Then they'll have you share the account number and PIN from the back of the card. With that info, the criminal is able to drain the card value almost immediately.

Anytime you get an urgent message from a utility company, don't engage. If you are concerned there may be an actual issue, contact the utility at a number you know to be legitimate.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork

Begin Journey To A Tobacco-Free 2022

Cont'd From Page 2

ing in a program, enlisting friends and family to support you along your quit journey will help ease the process.

4. **Talk to a doctor about quit smoking medications.** Talking to a doctor about including cessation medication into your tobacco treatment plan can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit. Just make sure to follow the directions and use them for the full duration they are prescribed.

5. **Quit. Don't Switch.** E-cigarettes are tobacco products, and the Food and Drug Administration has not found any e-cigarette to be safe and

effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine. Make sure your tobacco treatment plan includes the two components proven to work- behavioral counseling plus FDA-approved cessation medication.

The American Lung Association offers resources to help adults and teens to quit all tobacco products:

- **Lung Helpline:** Not sure where to start? Call the Lung Association's free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists. They can answer all your questions and connect you with the resources

that are right for your quit journey.

- **Freedom From Smoking®** helps individuals create their own unique quit plan, as well as tips and techniques to stay successful in the long run. Freedom From Smoking can be accessed online, at a group clinic and through a self-guided workbook. Those looking to quit smoking are encouraged to use the method that works best for their learning style, schedule and unique quit tobacco use plan.

- **Not-On-Tobacco® (N-O-T)** is a teen smoking/chewing/vaping cessation program for teens who want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco.

- **Vape-Free Schools**

Initiative: The Vape-Free Schools Initiative provides school administrators and educators with training to offer an alternative-to-suspension program for students found vaping, smoking or chewing on school property, and a voluntary vaping/tobacco cessation program for youth wanting to quit for good. Learn more at Lung.org/vape-free-schools.

For more information about quitting smoking and vaping for No Tobacco '22, visit the American Lung Association website at Lung.org or call the free Lung Helpline at 1-800-LUNGUSA (1-800-586-4872). To speak with a local lung health expert, contact Jennifer Solomon at 516-680-8927 or Jennifer.Solomon@Lung.org.

10 Quincy Students Achieve Academic Honors At CM School

Ten students from Quincy roll and principals list for the first quarter at Catholic Memorial School.

Five Quincy Students On UConn Dean's List

Five students from Quincy have been named to the Dean's List for the fall semester at the University of Connecticut.

They are:
Meghan Foley, Chloe Ho, Jacquelyn Kane, Vanessa Mazzini and Yuetao Wu.

They are:
Joseph Pontremoli, Class of 2022, First Honors.
John Greene, Class of 2025, First Honors.
James McGrath, Class of 2023, First Honors.
Brett Mulligan, Class of 2024, First Honors.
John Petrongolo, Class

of 2023, First Honors.
Daniel Alvarez, Class of 2023, Principal's List.
Connor Clifford, Class of 2026, Principal's List.
Juan Zeng, Class of 2022, Principal's List.
Eric Peterson, Class of 2022, Second Honors.
Niketh Raya, Class of 2023, Second Honors.

Scenes From Yesterday



THIS 1926 POSTCARD is a view of the new Quincy Police Headquarters building on the corner of Sea Street and the Southern Artery. A great deal of controversy surrounded the siting of the building until Mayor Perley Barbour selected this city owned parcel. Finished in May, the dedication was delayed for two months due to the death of Chief Alfred Goodhue. He had been ill, but died unexpectedly at the young age of 52. He was widely

admired and highly respected in the community. In his memory the citizens of Quincy contributed to a citywide collection for a beautiful Quincy granite monument at Mount Wollaston Cemetery and a handsome plaque in the new station. In the late 1980s, this building was modernized and expanded with a new façade that has substantially altered its appearance.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1977
45 Years Ago

3 Storms Wipe Out City's Snow Budget

Three snowstorms that wracked the city during the past two weeks have completely depleted the city's budget for snow removal, according to Mayor Joseph J. LaRaia.

LaRaia could not estimate the cost of snow removal for the three storms but said that the \$118,588 budgeted for such costs for the year, covered only, "most of the first storm."

The city will have to borrow or transfer funds to fight future storms this year.

The city plowing crews could not keep up with the most recent snowfall and slicks of packed, glazed snow lined most of the city's side streets and few main roads.

\$28.8 MILLION SCHOOL BUDGET PROPOSED

School Supt. Lawrence P. Creedon planned to present a \$28.8 million school budget for 1977-78 to the School Committee, up a comparatively tiny 1.4 percent over that of 1976-77. In the past, increases ranged from 9.8 percent to 16 percent.

Dr. Creedon listed items in the proposed budget that were beyond the control of the budget makers, including staff salaries, heating and lighting costs and state mandated programs, all of which make up more than 90% of the budget.

QUINCY-ISMS

Louis Quintiliani, mayor of Santo Donato, Italy, was presented with a certificate making him an honorary citizen of Quincy. Mayor LaRaia made the presentation, along with Councillor James A. Sheets. Quincy businessman Hugo Fabrizio, a cousin of the Italian mayor, was also in attendance... The Presidential Cooperative Bank, 1 Granite St., corner of Hancock Street, announced that effective, Jan. 8, the bank would be open every Saturday from 10 a.m. to 2 p.m.... Cheryl Shaw, daughter of Mr. and Mrs. William Shaw, 171 Babcock St., Houghs Neck, was installed as Worthy Advisor of the Wollaston Rainbow Girls at ceremonies held at the Quincy Masonic Temple... Marilyn Alcott, a past president, and Ellie Osborne, were co-chairwomen for a food tasting party sponsored by the Quincy Emblem Club. The event was held at the Elks Hall, Hancock St., Quincy Center... Beth Israel Brotherhood was planning to honor School Supt. Lawrence P. Creedon as its "Man of the Year." The event is to be held Feb. 20 at Beth Israel Synagogue, Grafton Street, Quincy Point... Philip P. Gill, Jr., son of Philip P. Gill, 60 Victoria Rd., Merrymount, was promoted to Airman First Class in the Air Force. Gill is stationed at Homestead AF Base, Florida... Area clergymen, headed by Rev. Dr. Peter V. Corea, pastor of the Houghs Neck Congregational Church, were planning an "Ecumenical Prayer Service" for President-elect Jimmy Carter. The event is to be held at Houghs Neck Congregational Church, Jan. 19... Mayor LaRaia appointed Simon C. Fireman of 79 Dimmock St., and David B. MacIntosh of 293 Whitwell St., to five-year terms on the Quincy City Hospital Board of Managers... The Houghs Neck Community Council announced the names of five Houghs Neck residents to be honored at the annual Good Neighbor Honors Awards banquet to be held Feb. 15. To be honored are Margaret "Peg" O'Connor, Francis "Shorty" Donovan, Lois and Bill Murphy and Jack Congdon... George Burke, former councillor, representative and district attorney and his wife, Sandra, were planning to attend the inauguration of Jimmy Carter Jan. 20 in Washington, D.C... The double feature at the Wollaston Theater, Beale Street, included "The Front," starring Woody Allen, and "For Pete's Sake," with Barbra Streisand... Quincy Junior College was advertising, "Lowest Tuition in Massachusetts-\$19 Semester Hour for Residents"... William A. Horick, 27, of 24 French St., North Quincy, was recently appointed a patrolman on the Quincy Police Department... The Quincy Firefighters' Union ratified a two-year contract, which provided for a five-percent increase in the first year and an eight-percent increase in the second year... Dr. Elliot Berman of Quincy, a specialist in energy research, has been appointed research professor of applied science at Boston University... The Quincy Conservation Commission has given approval for the construction of a mini-park at Bicknell Street in lower Germantown that would include a new beach, as well as a Little League baseball field and a victory garden for senior citizens.

READERS FORUM

Reader Addresses Some Year-End Financial Points

The Quincy Sun's year round-up issue reminded me of a number of financial points about Quincy that should be addressed.

First concerning the source of increases in the average residential property tax bill, the Sun states, "Quincy's residential and commercial tax rates were set to decrease again in 2022, but the average owner of a single-family would see their tax bill increase by \$229 as home values continue to rise..." This explanation is false as the rise in the tax bill is due to an increase

in spending that has nothing to do with the increase in home values.

The average tax rates are set by the approved city expenditures divided by the residential and commercial bases. If the city did not spend more, the average tax bill would stay the same. As home assessments increase, the rates go down independent of the bill.

Given the enormous number of new condos, I am surprised that the base has not so increased that the tax bill would in fact go down. That would at least

give some compensation for the change in the character wrought in Quincy by the philosophy that no space should be without a condo.

Related to Quincy expenditures is the desire of Mayor Koch to use \$15 million from the American Rescue Plan Act to purchase the Munroe Building despite opposition from city councillors. In the past Koch has expressed the desire to use this to help Quincy College in the type of support no other Massachusetts town or city deems necessary with Massachusetts outstanding

public community colleges and universities. In contrast to this, the lack of a hospital in Quincy, the largest South Shore community is only noted in the Sun by the sad photo of its demolition.

As a final financial comment, I note that no mention has been made of the need for an increase in QPS teachers' salaries in response to inflation. Quincy certainly needs to support these heroes of the pandemic rather than let them effectively take a pay cut.

Robert G. Bill
Clive Street
Quincy

Concerned About Munroe Building, College Spending

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Mayor Koch

Thank you for all of the great playground and recreational improvements you have made to the city. I commend your efforts and I know you are working hard on the roads and old sewer pipes that need replacing.

I am concerned about the money you want to spend on the Munroe Building and the whole Quincy College spending. According to what I have read (albeit limited) there are other avenues/resources for the college to survive outside of Quincy residents subsidizing it. Also, I am concerned about the taxpayers being burdened with the under-

funded city employee pensions. I seem to recall not that long ago substantial pay raises went to employees across the spectrum and I was struck by how generous the salaries were. If one is

making a fairly good salary they should be saving for retirement on that salary. I don't get a pension and don't make much money so I obviously have a problem with paying for someone

else's retirement on my dime when I am still working because I can not afford to retire.

Respectfully submitted,
Janet M. Boyle
Quincy

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North Quincy Takes Plunge For The Jimmy Fund

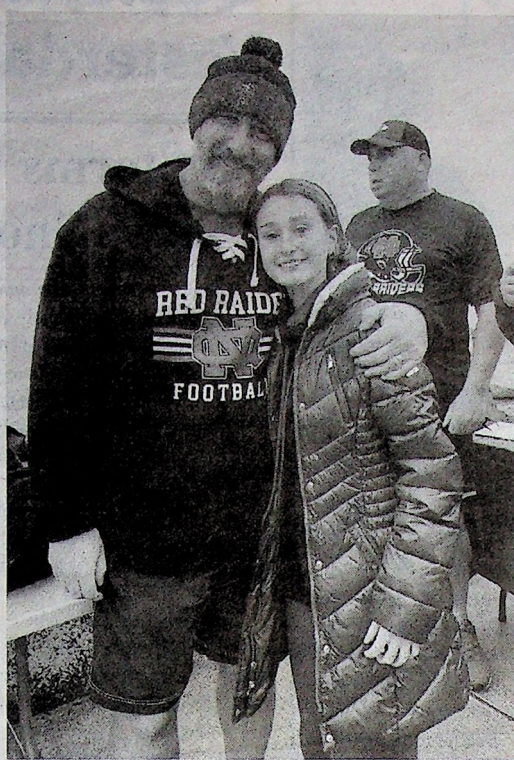
The second annual North Quincy Polar Plunge was held New Year's Day at Wollaston Beach. The event raised more than \$3,000 for the Jimmy Fund.

It was a festive atmosphere, with plenty of plungers in the water and supporters lining the shore. As the music blared from the giant speakers and the crowd cheered on many brave souls held their breath and plunged into the chilly Atlantic for a great cause. Plungers were able to participate in a best costume contest with a prize awarded to the winner. With some very creative costumes "The Banana" took the plunge and took home the best costume of 2022 title.

Folks were also able take a chance and purchase raffle tickets for some great prizes generously donated by local businesses. There were donation buckets set up on site for those who wanted to quickly and quietly support The Jimmy Fund as well.

Prior to the plunge 18-year-old former Jimmy Fund patient Avery Glennon spoke to the large crowd and inspired those gathered by eloquently sharing her own experiences with The Jimmy Fund as a child.

The number of plungers



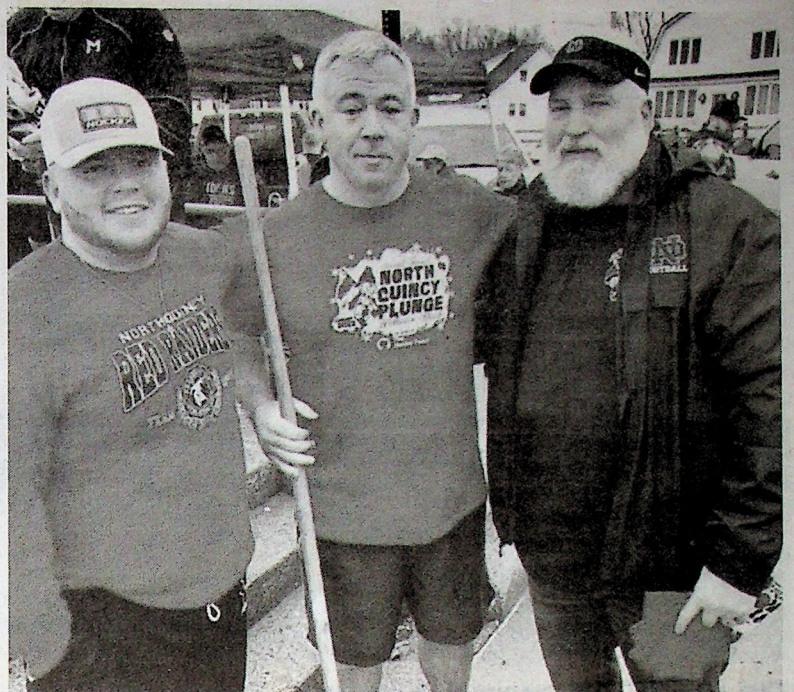
AVERY GLENNON, a former Jimmy Fund patient at the Dana-Farber Cancer Institute, spoke about her experiences with the Jimmy Fund at the North Quincy Polar Plunge at Wollaston Beach. Here she shares a moment with her father, Sean Glennon, an assistant coach with the North Quincy varsity football program.

Photos Courtesy Danny Gilmartin

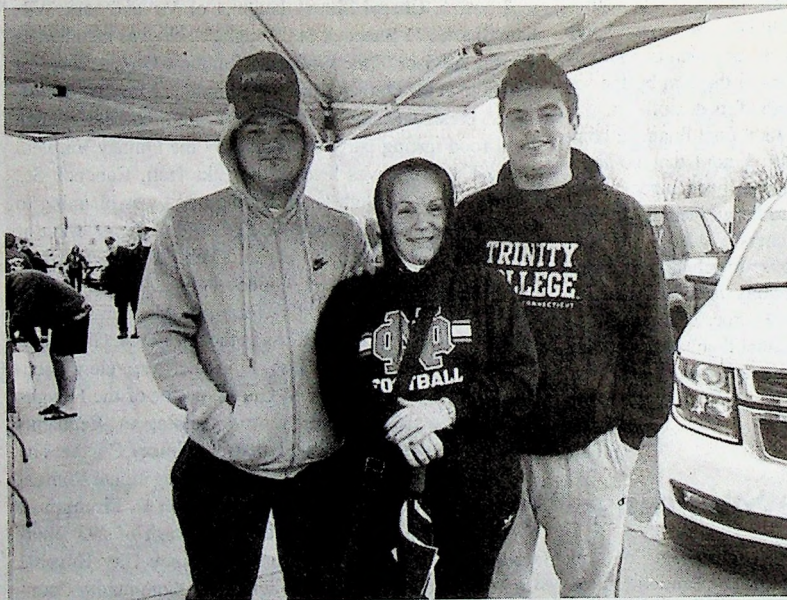
was estimated to be upwards of 50 this year, while the total number of supporters was likely 3 times that. It was a fun, unique way to ring in the new year all while supporting a great cause.

The North Quincy High Football boosters once again kept everyone warm post Plunge by sponsoring a free hot cocoa table. Past and present members of the

Cont'd On Page 8



NORTH QUINCY POLAR PLUNGE coordinator Danny Gilmartin (center) with two of the event's many supporters - Michael Levine (left) and North Quincy varsity football coach Ryan Craig. Levine is a former NQ football player and current student-football player for Mass Maritime Academy. Also shown on this page are other photos from the plunge.



Social

Robert Knox Collection 'House Stories' Published

Adelaide Books announces the release of a collection of short stories by Quincy resident Robert Knox. The collection, entitled "House Stories," is available in bookstores and online.

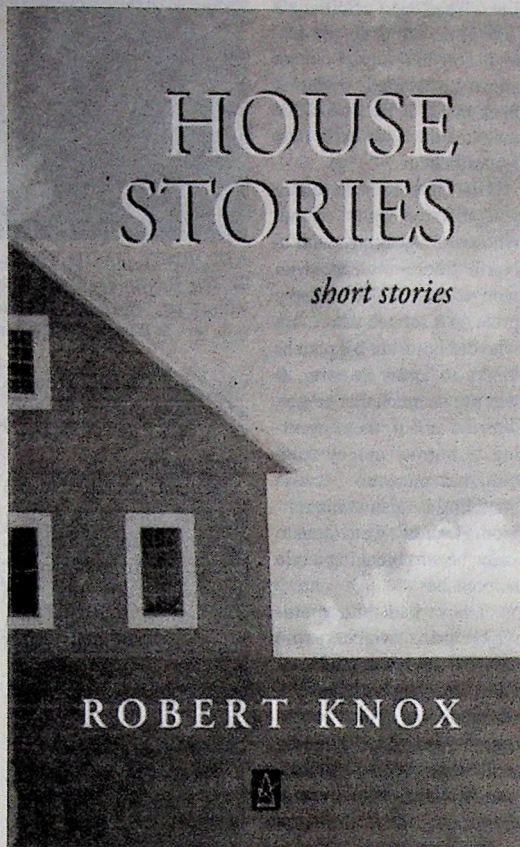
"Bob Knox has a unique ability to tap into the zeitgeist of the time, to show us not only who we are, but who we might become" said Patry Francis, author of "The Orphans of Race Point" and "All the Children Are Home."

The House of the book's title is a Connecticut commune, circa 1970. The youthful characters are of the era too, stumbling out of post-adolescence into early adulthood, drugged, disorderly, and dazed. Finding their way through relationships, commitments, the Vietnam war, and looming adult responsibilities, the characters struggle to hold onto their visions of an alternative way of living, while frequently making a mess of things.

"The narrator, looking back on the time and place, links the stories with a voice that is thoughtful and therefore honest," said Robert Wexelblatt, author of "The Thirteenth Studebaker," "Petites Suites," and "Hsi-wei Tales."

House Stories can be purchased online from Amazon and also from the Adelaide Books website.

Robert Knox is the author of "Suosso's Lane," a novel based on the noto-



rious Sacco and Vanzetti case, a contributing editor for the poetry journal Verse-Virtual, and a correspondent for the Boston Globe. Following the publication of "Suosso's Lane," he spoke widely at regional public libraries, historical societies, museums, book stores and book groups.

As a short fiction writer, he was selected as a finalist for a Massachusetts Cultural Council fellowship and his story, "Lost" was excerpted on the council's website. His

stories have been published by Words With Jam, The Tishman Review, Lunch Ticket, and Unlikely Stories, among other journals. His poetry book "Gardeners Do It With their Hands Dirty" was nominated for a Massachusetts Best Book Award.

Another novel, "Karpa Talesman," was chosen as the winner of a competition for a novel of speculative fiction and will be published by Hidden River Arts.

Two Quincy Students Selected For UMass Amherst Program

Two Quincy students have been selected for the newest class of the Integrated Concentration in Science, or iCons, program at the University of Massachusetts Amherst.

They are Milo M. Georgiev and Sofia Liang. They are among the 73 undergraduates selected for the program.

More than 175 first and second-year students applied for one of the iCons spots through a process open to roughly 5,500 undergraduate students in business, science, technology, engineering and math.

The current iCons cohort, the 12th to participate, is the largest and most diverse in the program's history.

The iCons Program builds on students' course of study by providing them with further skills needed to enter the modern workforce. Diverse teams of students collaborate, identify, and study innovative solutions to real-world global problems.

For more information on the UMass iCons Program, visit <https://icons.cns.umass.edu/>.

Five Quincy Students On Stonehill Dean's List

Five students from Quincy have been named to the Dean's List for the fall semester at Stonehill College in Easton.

They are: Eileen Durgin, Alyssa Frates, William Hibbard, Steven Shalvey and Kristen Thornton.

More Quincy news:

The Quincy Sun.com

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ALPHA DELTA KAPPA Xi Chapter recently donated a framed poster of the 1985 United States Abigail Adams postage stamp to Quincy High School Abigail Adams Function Room, to celebrate the founding of Alpha Delta Kappa International Honorary Organization for Woman Educators in 1947. From left to right: Linda Beck, Helen Dooner, Deanna White-Hebert, Mary Young and Faith Manzer.

Photo courtesy John Young

Holiday Leftovers: Three Movie Reviews

By BOB GARVER

It has been well-established that "Spider-Man: No Way Home" dominated the box office over the Christmas and New Year weekends, with "Sing 2" putting in a strong showing at #2. After that came a cluster of also-rans, none of which did particularly well critically or commercially. Rather than single one out, I've decided to take a look at three in one sitting, starting with the biggest disappointment...

"The Matrix Resurrections"

Only \$30 million over two holiday weekends? For a franchise that held the record for biggest opening weekend for an R-rated movie for over 10 years? The new movie must really be bad to perform this poorly. And yes, it is.

Keanu Reeves and Carrie-Anne Moss are back for this shameless cash-grab of a sequel (minus the part where it grabs much cash). Beloved original cast members Laurence Fishburne and Hugo Weaving are not back, their roles recast with Yahya Abdul-Mateen II and Jonathan Groff, respectively. I'm sure the film explained why Morpheus and Agent Smith don't look the same this time around, but I couldn't follow it. Just like I couldn't follow the movie digging up one piece of 20-year-old "Matrix" lore after another.

The film makes lots of meta-jokes about how the series should have been left alone, but the soulless studio had to interfere. The trilogy wasn't exactly perfect the way it was, but this way-too-late revisiting isn't helping its legacy, and the self-deprecating humor only makes things worse.

Grade: C-

"The Matrix Resurrections" is rated R for violence and some language. Its running time is 148 minutes.

"The King's Man"

I enjoyed 2014's "Kings-

man: The Secret Service" and even have a soft spot for its 2017 sequel "The Golden Circle." This prequel gave me much less enjoyment and it will not occupy a soft spot in my heart.

Ralph Fiennes stars as Duke Orlando of Oxford, a British aristocrat in the early 20th century that desperately wants to stop the world from going to war, to the point where he will engage in some battles of his own. I guess Fiennes saw the success of his "Schindler's List" costar Liam Neeson and decided that he too could reinvent himself as an action star in his 50's. He's trying, but the rest of the movie lets him down.

The other two "Kingsman" movies balanced outlandishness and heart so well, but this one just takes itself too seriously too often, especially in a storyline where Orlando's son (Harris Dickinson) wants to go off to war. Things are only fun when the villains are onscreen, with Rasputin (Rhys Ifans) being a particular scene-stealer. The film is unsure of what tone it wants, which ironically makes me very sure that it's an uninteresting mess.

Grade: C-

"The King's Man" is rated R for sequences of strong/bloody violence, language, and some sexual innuendo. Its running time is 130 minutes.

"American Underdog"

The story of Rams great Kurt Warner (Zachary Levi) is seemingly tailor-made to be an inspirational sports movie. We see the quarterback as he rises through high school, ekes out a decent run in college, goes undrafted for the NFL, falls, lasts one day with the Packers, falls, falls, falls, makes a comeback through arena football, and finally makes it into the NFL for a first-year Super Bowl win.

But it's not all about football. We also follow him as he pursues a relationship with his eventual wife Brenda (Anna Paquin). This is a struggle too, as the couple has to deal with financial woes, a special needs child, and a demanding road schedule. But there's a Brenda Warner credited as an executive producer in the film's titles, so my guess is that things work out.

Simply put, if this is the kind of movie you like, you'll like this movie. I'm not a sports guy, and some of the conflict seemed forced despite its real-life basis, but I see the appeal. Like its main character, this movie has a big heart, if not much else.

Grade: C

"American Underdog" is rated PG for some language and thematic elements. Its running time is 112 minutes.

Contact Bob Garver at rg251@nyu.edu.

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Quincy Attorney Represents His 50th Lottery Winner

Folks wonder how David Spillane can be so lucky.

A thorough review of the Massachusetts State Lottery website will show Spillane cashing major prize

winnings at the Lottery an amazing 50 times. It's because Spillane, an attorney who practices in Quincy and Hanover, represents winners of the Lottery who wish to

remain anonymous.

"People keep asking me, 'How can you be so lucky?'" Spillane mused. He always shares the "secret of success" with a whisper

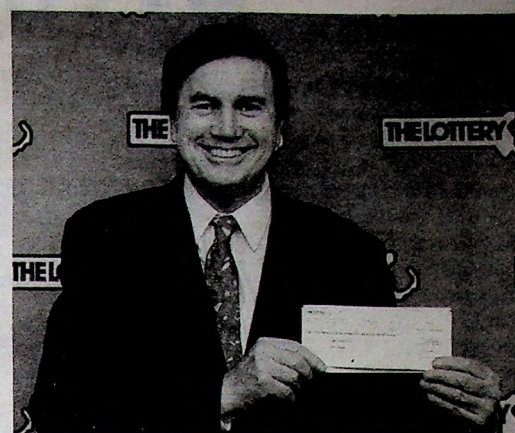
in the ear: "Buy a ticket!"

Spillane spent part of New Year's Eve collecting a \$10 million prize for a scratch ticket winner who then had the greatest New Year's celebration of his life. That was Spillane's 50th time going to the lottery for his lucky clients since he started doing it back in 2015. He breaks his own record with each new Lottery client.

His first Lottery client was referred by a friend, who was speaking with a North Shore minister who won a \$1,000,000 Lottery prize on a scratch ticket, but who did not want his parishioners to know he won. It was not so much that he was worried about them wanting to borrow money from him, but more so because gambling is against his religion. He didn't want them to know he was breaking a rule he preaches.

"I have had three multi-major prize winners who won twice each, and one who won three times. All of them are still scratching, hoping that lightning will continue to strike," said Spillane, who lives in Quincy.

Winners have included two doctors and an Ivy League professor, as well as others from all walks of life. "I've had four winners from out of state, one who lives one block from my son's apartment in New York and



ATTORNEY DAVID SPILLANE of Quincy, trustee of the Tommy D Nominee Trust, collecting winnings for a \$10 Million winner on New Year's Eve at Massachusetts Lottery Headquarters in Dorchester sporting a New Year's tie.

Courtesy Photo

who coincidentally grew up a few blocks from my childhood home in Dorchester." Small world.

Several people told no one that they were lottery winners, except for Spillane. One couple from Worcester who won \$1,000,000 said they weren't telling their children, so Spillane asked them if it was going to change their lifestyle, which would have been a giveaway to their kids.

"They told me that they were contemplating purchasing a vacation home in the mountains, and that they would simply buy a little nicer home with a little smaller mortgage," Spillane explained. "I asked them if they would invite me to the cookout when they were going to tell their children so I

could see the looks on their faces."

Spillane's Lottery clients are typically \$1,000,000 winners, but he has had one \$15,000,000 winner (a couple in their 30s with two small children), three \$10,000,000 winners, and multiple \$4,000,000 winners.

"The lowest amount I ever collected for winners was \$100,000," Spillane said. "It was hardly worth the expense, considering the after-tax net payout, but she told me that she had a fiancé who hung around a bar, and that if he and his friends found out about the winnings, they would pressure her to share it with them. My advice to her was to shop around for a new fiancé."

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Stacy's Cookies

By MARIE

Today's recipe for a delicious chocolate chip cookie that I had on Thanksgiving was made by my granddaughter, Stacey. She served this amidst of an array of pies that she baked, including an apple-pecan-pumpkin and an ice cream bar for hot fudge sundaes - what a choice!

Preheat oven to 350 degrees

INGREDIENTS and DIRECTIONS:

- 1 cup salted butter softened
- 1 cup sugar
- 1 cup light brown sugar
- 2 tsp vanilla extract
- 2 eggs
- 3 cups flour

- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp sea salt
- 2 cups chocolate chips

Preheat oven to 350

Mix dry ingredients

Mix butter, eggs and vanilla

Combine mixes and add chocolate chips

Roll dough into balls that are about 1 and ½ tablespoons in size and place on baking sheet; then slightly flatten the tops. You can also use a melon scoop to do this.

Bake 10-12 minutes depending on preference - do not overcook!

Winter Minestrone

By SUZIE

This soup recipe by James Trenda of "I'm No Chef" fame is so worth the work making the pesto. The soup part is easy, but the pesto requires some different ingredients than traditional pesto but it is incredibly delicious as well as healthy.

This soup utilizes rich and healthy root vegetables as well as lighter herbs and greens. The perfect soup for the cold weather we are finally "enjoying." Keep warm and fight off sickness with this soup. It also freezes well. Enjoy!

Minestrone ingredients:

- 3 tbsp butter, olive oil, or ghee
- 2-3 leeks, cleaned and chopped
- 1 pound winter or bitter greens, such as collards, kale, dandelion, etc....
- 1 quart chicken or vegetable stock
- 3 cloves garlic, peeled and finely minced (about 2 tsp)
- 1 tbsp fresh chopped thyme
- 2 celery ribs
- 1½ pound turnips or rutabagas
- 1 13.5-ounce can full fat, unsweetened coconut milk
- ½ ounce fresh flat-leaf parsley
- Juice of half a lemon
- Salt and pepper to taste

Pesto ingredients:

- 1 ounce fresh flat-leaf parsley
- 4 ounces fresh rosemary
- ¼ cup fresh oregano or marjoram
- ½ cup shelled pistachios, dry roasted
- ½ cup Parmigiano-Reggiano (preferably raw), shredded
- 3 cloves garlic, peeled
- Juice of half a lemon
- ¼ teaspoon salt (omit if using salted pistachios)
- ½ cup extra-virgin olive oil

INSTRUCTIONS:

1. Add the butter, oil or ghee to a large, heavy-bottomed stock pot or dutch oven.
2. Clean, quarter, and chop the leeks and set aside.
3. Wash the greens, remove fibrous stems (if necessary), and then add to a large

skillet with 1 cup of stock and cover tightly with lid.

4. Wash and trim the ends of the celery. Cut in half lengthwise, chop, and add to a large bowl. Peel and chop the rutabagas or turnips into ½-inch cubes. Add to the bowl with the celery and set aside.

5. Mince and chop the garlic and thyme.

6. Turn on the heat to medium and melt the butter or ghee, add the leeks and stir to coat. Continue cooking for 5 minutes, stirring frequently, so that the leeks do not brown. Add the minced garlic and thyme to the pot with the leeks and cook for another minute until fragrant.

7. Add the celery and rutabagas to the pot, and season with salt and pepper. Cook the vegetables for 5-7 minutes, stirring occasionally.

8. Add remaining chicken stock to the pot, cover and bring to a gentle boil. Reduce heat and simmer for 15 minutes.

9. While the vegetables are simmering, steam the greens over medium heat until they are wilted down, but still vibrant in color and mild to taste, about 10-15 minutes. You may need to gently toss them halfway through the cooking time.

10. Transfer the wilted greens to a high-speed blender, along with the left over stock from the pan, coconut milk, lemon juice, fresh parsley, and about a third of the cooked vegetables. Puree until smooth, 30-60 seconds. Pour the puree into the pot and simmer uncovered for another 10 minutes to let the flavors come together and finish cooking the root vegetables.

11. Season with salt and pepper to taste. Top with a spoonful of Winter Herb Pesto, freshly cracked black pepper, and a drizzle of olive oil. Serve hot.

Instructions for the pesto:

1. Add all the ingredients except for the olive oil to the bowl of a food processor. Pulse a few times.
2. With the food processor running, slowly pour in the olive oil just until it all comes together. Serve immediately.

North Quincy Takes Plunge For The Jimmy Fund

Cont'd From Page 6

NQHS football team carried the same flag they carry out of the tunnel of Veterans Memorial Stadium into the icy waters of the Atlantic Ocean.

"The support for The Jimmy Fund from the community, as well as those from every corner of the city, was something special to see," said event organizer Danny Gilmartin.

"From the T-shirt sponsors, to the businesses that donated raffle items to those that plunged and or donated in memory of a loved one. It all came together for a few hours on the first day of 2022 and created a great sense of pride and appreciation for each other. It's second year and it's something we plan on recreating every year, with the main goal of helping those in need while making memories with our families and friends," Gilmartin added.

He also extended his sincere thanks to the Quincy Police Department Marine Unit/Dive Team and Brewster Ambulance who were on



BILL MCCALLUM, father of the late Chris McCallum, dressed in a Raggedy Andy costume, was among the participants who supported the North Quincy Polar Plunge at Wollaston Beach Jan. 1. The event raised more than \$3,000 for the Jimmy Fund.

Photo Courtesy Danny Gilmartin

site and in the water to make sure everyone who took the plunge came out and went home safe and sound. Gilmartin also expressed his thanks to the volunteers who made it all possible:

Tracey Dooley, Stacey LeMay, Nathan and Michelle Knowles, Karyn Gilmartin, Paula Glynn, Mike Gates, Sean Halpin and everyone who came out to support The Jimmy Fund.

Social Security Matters

Ask Rusty: I Have Medicare Advantage - Why Is a Medicare Premium Deducted From My Social Security

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: My wife and I have a Medicare Advantage Plan, and we do not use Medicare for our claims. However, we still have the Medicare premium deducted from our Social Security checks. Is this correct? **Signed: Wondering**

Dear Wondering: If, after age 65, you choose to take Medicare outpatient coverage of any kind you must pay that Part B premium, even if you decide to acquire a Medicare Advantage plan instead of using "original Medicare" to administer your healthcare claims.

Medicare Advantage plans (often referred to as Medicare "Part C") are healthcare plans offered by private insurers who will administer your healthcare claims instead of the Federal Government. But you cannot get a Medicare Advantage plan without first being enrolled in Medicare Part A (inpatient hospitalization coverage) and Part B (coverage for outpatient services) and paying any associated Part B (and perhaps Part A) premium.

As you know, you pay a low premium (or perhaps no premium) for your Medicare Advantage plan. That's because the Part B premium you are now paying from your Social Security is actually going to your Medicare Advantage plan provider, enabling them to offer you equivalent coverage at little or no additional cost. Some Medicare Advantage plans even provide added coverage which Medicare Part B doesn't, such as dental and vision and, sometimes, prescription drug coverage. If that all sounds enticing, remember that Medicare Advantage plans usually also include restrictions on which medical service providers you can use, unlike "original Medicare" which permits you to use any medical service provider who accepts Medicare (nearly all).

So, when you see or hear a Medicare Advantage provider advertising "no cost" or "very low cost" coverage, recognize that they can offer that only because the government pays them a fixed amount for your care from the Medicare Part B premium taken from your Social Security. The Part B premium you are paying from your Social Security benefit is why your Medicare Advantage plan premium is as low as it is.

Many people like the cost efficiency and extra coverage provided by Medicare Advantage plans and are comfortable with the restriction to use "in-network" providers. Many others choose "original Medicare" because of the inherent flexibility to use just about any healthcare service provider they wish. You should always carefully evaluate which type of healthcare coverage is right for you personally.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Americanisms

"Careers are a jungle gym,
not a ladder."
— Sheryl Sandberg

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10 Graduate Quincy College Paramedic Certificate Program

Ten students have earned Certificates of Achievement from Quincy College for successfully completing the College's paramedic instruction program, enabling them to continue their academic progress toward achieving the highest level of certification for those who provide pre-hospital care to ill or injured patients.

The students successfully completed approximately 12 months of classroom instruction, skills lab sessions, and skills scenario evaluations followed by 320 hours of clinical hospital-based internship. They now must complete a 250-hour field internship to build on the assessment, management, and treatment skills developed during their classroom and clinical experiences. The Quincy College curriculum is taught by instructors from Comprehensive Medical Teaching Institute (CMTI), a Weymouth-based organization that has partnered with the College on Emergency Medical Technician



(EMT) and paramedic education since 2019.

"The College's partnership with CMTI assures that students receive a comprehensive level of paramedic instruction that establishes a foundation for the delivery of the highest-quality patient care," said Dr. Richard DeCristofaro, president of Quincy College. "We congratulate the members of this graduating

class who can confidently advance to the next level of their education knowing they're extraordinarily well-prepared."

"Our relationship with Quincy College has created a great opportunity for us to teach and train the next generation of pre-hospital care providers," said Gary Smith, CMTI's director of Operations. His CMTI colleague,

Paramedic Program Director Stephen O'Sullivan, added, "Paramedic students in both Quincy and Plymouth receive affordable, accessible education and training for careers in a vital field where jobs are readily available."

For information on registration for the next paramedic certificate program, visit www.quincycollege.edu.

Can 'Adaptogens' Help Relieve The Stresses Of The COVID Pandemic?

By JOHN GRIMALDI
Editorial Contributor
Association of Mature
American Citizens

The world has been in a state of extreme stress for nearly two years now since the breakout of the COVID pandemic. Sadly, there appears to be no end in sight. We may not be able to do anything about the cause but, perhaps, there is a way to deal with the effects by adapting to the stressors, not in a psychological way; rather by ingesting aptly named herbal medicines called adaptogens. Of course, before you begin self-medicating, whether the drug is a natural medication or a chemical-based medicine, it's important that you consult your healthcare provider.

Let's think somebody came up with the "adaptogens" moniker to mask a 21st Century version of snake oil, think again. Or, at least, consider how the experts at the National Institutes of Health came to the conclusion that they might just be what the doctor orders in dealing with stress: "Adaptogens were initially defined as substances that enhance the 'state of non-specific resistance' in stress, a physiological condition that is linked with various disorders of the neuroendocrine-immune system. Studies on animals and isolated neuronal cells have revealed

that adaptogens exhibit neuroprotective, anti-fatigue, antidepressive, anxiolytic, nootropic and CNS stimulating activity. In addition, a number of clinical trials demonstrate that adaptogens exert an anti-fatigue effect that increases mental work capacity against a background of stress and fatigue, particularly in tolerance to mental exhaustion and enhanced attention."

In other words, adaptogens are not some new concoction. In fact, its origins date back thousands of years and "is a traditional herbal medicinal product consisting of a fixed combination of [plant] extracts." And, according to the Healthline Website, they can increase your resistance to stress, help you deal with exhausting situations and, as a bonus, they may also help you deal with weight gain.

Leslie Korn, PhD, a Harvard Medical School-trained traumatologist, was consult-

ed on the use of adaptogens for the Healthline report and she says that they can enhance our "ability to come into balance" – a condition that the Mayo Clinic describes this way: "Balance problems can make you feel dizzy, as if the room is spinning, unsteady, or lightheaded. You might feel as if the room is spinning or you're going to fall down."

The Healthline report provides an example of how adaptogens work.

"When we face a stressor, whether physical or mental, our bodies go through what's called general adaptation syndrome (GAS). GAS is a three-stage response: alarm, resistance, and exhaustion. Adaptogens help us stay in the resistance phase longer, via a stimulating effect that holds off the exhaustion. Instead of crashing in the midst of a stressful moment, task, or event, we attain equilibrium

and can soldier on." The report goes on to suggest that you can take adaptogens as "herbal supplements in capsule form, added to smoothies as powders, or concocted into teas or soups." But it warns that you should consult with your doctor before taking any medications.

Here are a few of the host of adaptogens that are available and what conditions they may serve:

- **American ginseng** (*Panax quinquefolius*): Boosts working memory, reaction time, calmness, and immune system
- **Ashwagandha** (*Withania somnifera*): Reduces stress and anxiety
- **Eluethero root** (*Eleutherococcus senticosus*): Improves focus and staves off mental fatigue
- **Tulsi/Holy basil** (*Ocimum sanctum*): Reduces physical and mental stress, stress-related anxiety, and depression.

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"Rock Solid Security"

On Thursday, Dec. 30, 2021, Officer Rolfson was working the day shift along with his trained and certified canine partner Archer. At approximately 2:45 p.m., he was sitting in traffic on Hancock Street near Temple Street, when he heard several vehicles blaring their horns at a particular motorist.

As Officer Rolfson continued forward in the straight only lane, he observed a blue Ford Escape. The vehicle was at a complete stop attempting to take a right hand turn from the straight only lane, which had a green light. Once the right hand arrow turned green, the Ford Escape cut several motorists off.

Officer Rolfson activated his emergency blue lights and sirens and conducted a motor vehicle stop for an unsafe lane change. Just prior to exiting his cruiser, Officer Rolfson checked the registration status of the vehicle through his CJIS Web Mobile terminal, which returned "Cancelled." The operator of the vehicle was identified through a Dominican Republic (DR) driver's license.

Officer Rolfson informed the operator the reason he was being stopped and inquired upon his Massachusetts driver's license status. The operator informed him that he did not possess a driver's license for MA and that he is originally from the DR. While speaking with the operator, Officer Rolfson observed two cell phones, one of which was ringing consistently. The operator appeared to be very nervous as he was visibly shaking and would avoid eye contact. Officer Rolfson requested a second unit to assist with the traffic stop.

Officer Murphy arrived soon after. Officer Rolsen asked the operator who the vehicle belonged to, which he stated "my father." Officer Rolsen found this odd as the registered owner of the vehicle was born two years after the operator.

Officer Rolsen asked the operator to exit the vehicle and escorted him to the rear of the vehicle. He informed the operator that he was being placed under arrest for unlicensed operation of a motor vehicle. Officer Rolsen then felt a large sum of cash in the operator's pocket. The operator stated he currently works in the phone repair industry and estimated the money to be in excess of \$1,000. Officer Rolsen removed the money which contained three separate folds (\$10, \$400, and \$1,000).

The operator suddenly stopped speaking and was actively trying to contact several people through his smart watch. He stated he did not speak English and only spoke Spanish for the remainder of the interaction. Based on his training and

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer
Quincy Police Department

experience, and the totality of the circumstances (large sum of money, multiple cell phones, a third party vehicle, single key in ignition, behavior not consistent with the innocent motoring public, and concerning behavior as he continuously reached for his groin area) Officer Rolfson concluded that criminal activity was afoot (probable drug related activity).

In order to confirm or dispel his conclusion, Officer Rolfson deployed K-9 Archer to conduct a sniff of the free air surrounding the operator. Prior to conducting a sniff of the operator, Officer Rolfson deployed Archer to sniff the free air that surrounded an uninvolved vehicle. K-9 Archer showed no alert to the uninvolved vehicle. K-9 Archer then showed a positive alert and final response to the operator's groin area.

As Officer Rolfson placed Archer in the rear of his cruiser, he heard Officer Murphy state "put your hands behind your back." Officer Rolfson suddenly noticed a large plastic bag, containing several individually wrapped (color coded) bags inside, next to the operator. Officer Murphy placed the operator into handcuffs. Officer Murphy told Officer Rolfson that as he was securing Archer, the operator began to maneuver his body away from Officer Murphy and reached into his groin area and then removed a bag of contraband and tossed it next to him. Officer Rolfson immediately recognized the tan powdery substance to be heroin/fentanyl based on his training and experience. Officer Rolfson then noticed several green lined bags containing a rock like substance, which he recognized as crack cocaine based on his training and experience. There were also several blue lined bags which contained a white powder substance, which he immediately recognized to be cocaine.

The suspect, a 25-year-old from Dorchester, was arrested and transported to the Quincy Police Station where he was booked for the following: unsafe lane change, unregistered motor vehicle, uninsured motor vehicle, unlicensed operation of a motor vehicle, trafficking fentanyl more than 10

grams, and possession with intent to Distribute Class B (cocaine). The vehicle was towed and the registration plates were confiscated.

The plastic bags of tan powder weighed approximately 15 grams and a field test showed the presumptive presence of fentanyl. The eight bags of white powdered substance and the rock-like substance was field tested and both showed the presumptive presence of cocaine. Three smart phones and \$1,693 cash was seized from the defendant as it is believed to be the cash is proceeds from illegal narcotic transactions and the cell phones were used to facilitate those transactions.

Great work!

□

Another Job Well Done

On Dec. 30, 2021, at approximately 6:20 p.m., members of the Quincy Police Drug Control Unit executed a search warrant at 6 Fort Street #303, Quincy.

A systematic search of the residence was conducted. Detectives seized the following items: approximately 200 grams of a white powder substance believed to be cocaine, approximately 200 grams of a tan powder substance believed to be fentanyl, approximately \$170,000 cash, four (4) handguns, three (3) large capacity feeding devices, various ammunition, a digital scale with residue, packaging materials, and other items.

The 37-year-old female resident was arrested and charged with trafficking Class B (cocaine) >200 grams, trafficking fentanyl >200 grams, trafficking Class A (heroin / fentanyl) >200 grams, 4 counts of firearm possession, four counts firearm use in a felony, firearm with defaced serial number, three counts possession large capacity feeding device, possession of ammunition, conspiracy to violate the drug laws, four counts of possession of a firearm without an FID card, and possession with intent to distribute Class D (marijuana).

The 33-year-old male resident was arrested and charged with trafficking Class B (cocaine) >200 grams, trafficking fentanyl >200 grams, trafficking Class A (heroin / fentanyl) >200 grams, four counts of firearm possession, four counts firearm use in a felony, firearm with defaced serial number, three counts possession large capacity feeding device, possession of ammunition, conspiracy to violate the drug laws, four counts of possession of a firearm without an FID card, and possession with intent to distribute Class D (marijuana).

QUINCY POLICE CRIME AWARENESS JOURNAL

THURSDAY, DEC. 30

LARCENY (packages), 2:37 p.m., Quarry Street. Reporting party states he has a suspect. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (business), 10:22 p.m., West Squantum Street. Four to five guys attempted to break in the building. Has video footage. A couple of hours ago. Reporting party is on scene thinks they will come back.

FRIDAY, DEC. 31

LARCENY (prescription package), 1:16 p.m., Sea Street. Has confirmation - medical package was delivered yesterday. Report to be filed.

LARCENY/MOTOR VEHICLE (just occurred), 2:42 p.m., Hancock Street. Was making delivery came out car was gone. 2011 grey Toyota Camry. Given to Boston on BAPERN. Report filed.

LARCENY (\$100), 10:42 p.m., Lincoln Avenue. In QPD lobby. Reporting party states girlfriend took \$100 out of his wallet earlier today after argument. Wants to speak with officer. Dispatch spoke with the caller. He will wait until tomorrow morning and contact QPD is she has not returned the money. Incident closed.

SATURDAY, JAN. 1

VANDALISM/PROPERTY (red Ford Focus), 10:41 a.m., Royal Street. Slashed tire on car, trash in the driveway. There was a party at this address last night, no suspect info. Case number provided. Report to be filed.

BREAKING AND ENTERING/PAST (package room), 12:45 p.m., Quincy Shore Drive. Residential condos. The package room in the lobby - packages all

opened and torn apart, damaged door, suspect possibly used crow bar. Reporting party has camera video surveillance of unknown male. Report filed.

VANDALISM/PROPERTY (follow up), 3:20 p.m., Royal Street. Neighbor now home and has suspect info.

BREAKING AND ENTERING (past), 6:57 p.m., East Squantum Street. Front door forced open last night (packages were torn open) and damage to two cars in the garage. No suspect information.

LARCENY/MOTOR VEHICLE (stolen), 11:27 p.m., Coveway. Stolen between 6:30 p.m. and 11 p.m. today. Door was not unlocked. Was parked in visitor spot. No suspect info. Vehicle is not stolen, in front of house with hazards on.

SUNDAY, JAN. 2

BREAKING AND ENTERING/PAST (vandalism/property to motor vehicles), 12:51 p.m. Report to be filed.

MONDAY, JAN. 3

BREAKING AND ENTERING/PAST, 8:06 a.m., Taffrail Road. Possibly confused, door was unlocked. Apartment is a mess. Unsure what has happened. Female could not describe what was missing or broken.

TUESDAY, JAN. 4

LARCENY (fled), 6:11 p.m., Parkingway. Gone on arrival. WMF, blond and pink hair with two B/M fled without paying towards recruitment center. Bill \$59. Gone on arrival.

WEDNESDAY, JAN. 5

LARCENY (pole lighting), 9:48 a.m., Willard

Street. Reporting party in QPD lobby wishes to speak to an officer. Report.

BREAKING AND ENTERING/PAST (B&E attempt), 9:10 p.m., Pembroke Street. Back door window broken, reporting party is inside house. Report filed.

THURSDAY, JAN. 6

BREAKING AND ENTERING/PAST (trucks), 7:47 a.m., Bicknell Street. Overnight, windows smashed and tools stolen. Nine city trucks damaged. BCI on scene. Report to file.

BREAKING AND ENTERING/PAST (past), 2:14 p.m., Beale Street. Broke into the outer office unknown if anything taken, happened last week. Report to file.

LARCENY (jacket), 8:58 p.m., Granite Street. Employee put jacket on coat rack and someone stolen it. Reporting party states they have camera footage. Report.

Total Calls for Service (Dec. 30 - Jan. 6): 1,112

Breaking & Entering in the Past: Beale Street, Pembroke Street, Taffrail Road, East Squantum Street, Quincy Shore Drive

Breaking & Entering Motor Vehicle: Palmer Street, Liberty Street, Billings Street, 1400 block Hancock Street (attempt), Bicknell Street, West Squantum Street

Breaking & Entering Attempt: 300 block West Squantum Street, Pembroke Street

Larceny Motor Vehicle: Hancock Street

Six On Dean's List At Lasell University

Six students from Quincy have been named to the Dean's List for the fall semester at Lasell University in Newton.

They are:

Naomi Kane, Luca Smith, Brittini Bastiani, Káyla Graulau, Xhoana Cuni and Tran Quoc Huy Le.

Stephen DeBisschop On

Plymouth State President's List

Stephen DeBisschop of Quincy has been named to the Plymouth State University President's List for the fall semester.



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Three Quincy Students On Dean's List At UVM

Three students from Quincy have been named to the Dean's List for the fall semester at the University of Vermont in Burlington, VT.

They are:

Colleen Connor, communication sciences and

disorders major, College of Nursing and Health Sciences; Madeline Hutchinson, mathematics major, College of Arts and Sciences; and Stephanie Kramer, psychological science major, College of Arts and Sciences.

QHA Offering \$500 Reward For Info Leading To Arrest After 9 Vehicles Vandalized

By SCOTT JACKSON

The Quincy Housing Authority is offering a \$500 reward for information leading to an arrest for the vandalism of nine state-owned vehicles.

The vehicles were parked at the housing au-

thority's maintenance shop at 15 Bicknell St. and were vandalized between 2 and 5 a.m. on Jan. 6, according to James Marathas, the agency's executive director, who noted other cars in the Snug Harbor area were also broken into.

"This is a horrible and senseless act," Marathas said. "We are dealing with over 10 staff members fighting COVID-19, trying to service over 5,000 residents and doing so with enough obstacles. These trucks that were vandalized are the

same trucks and tools that service our residents.

"I am disgusted to say the least. I want the person or persons responsible held accountable and punished appropriately. I am thankful for the quick response from the city of Quincy's police

department."

Anyone with information on the vandalism is asked to contact the Quincy Police Department.

Marathas on Monday said the housing authority was working with its insurance company to determine

the cost of the damage done to the vehicles and to procure the parts needed to repair them. The agency was also in the process of replacing tools that were stolen from the vehicles.

Shown below are photos of some of the vandalized vehicles.



Local Group Aims To Open New Hospital

Cont'd From Page 1

of a 14-person commission, dubbed the New Quincy Medical Center Commission, that has set out to construct a new hospital in Quincy. Dragone said he is undertaking the endeavor as a way to give back.

"I'm not looking to have a legacy here. I'm just looking to give something back that the hospital gave to me," he said. "They gave me a life of fullness, happiness, prosperity and I am very gifted to have that in my life, really."

The former hospital was a like family for the employees who worked there, he explained.

"I love the hospital. Quincy Medical Center itself is a unique place - it is a unique place. It is the alter ego, the other family, for many, many people who worked there," Dragone said.

"It was like living with your friends and your mother and your father... We would just all sit down and talk. We were all friends... A friendship developed over the years, and I liked that a lot."

The group has had discussions with various stakeholders about opening a new hospital, Dragone said, including the state's Department of Public Health. Be-

fore completing a determination of need analysis, an initial step in the permitting process, Dragone said the DPH asked the group to find a potential site where the hospital would be built.

"We've spoken to the Department of Public Health and discussed a determination of need. They have said to us, 'Doctors, get the land and then come back and we will work out everything together,'" he said.

"The DPH has been very comfortable with us. They've been very polite. We've had Zoom meetings with them," Dragone added. "They said listen, we can't do anything with the DON right now. You need land - purchased. Where's

it going to go?"

The group also has been promised up to \$150 million to finance the project, Dragone added.

"We've got financing promised to us. The biggest issue right now, I will repeat, is the land," he said. "That's what is holding us back right now."

The commission sought assistance from the public last month, asking residents for help finding a five-acre site in Quincy where a hospital could be built.

Dragone said the commission has identified two potential sites - one near Crown Colony and the other near Marina Bay - that fit the criteria. The Fore River Shipyard has also been sug-

gested as a possible location. The commission plans to meet in the near future to begin reviewing those possibilities, Dragone said.

While the location of the potential new hospital is yet to be determined, Dragone already can already picture what it would look like.

"I have the building already in mind. I know exactly what I want. It's going to be an ER, pediatrics to geriatrics," he said, adding that the hospital would also have a maternity ward, like Quincy Medical Center once did.

"I want full-fledged acute-care hospital. I want an outpatient department

also that can do many outpatient surgeries as they are today. I want an acute-care hospital, five or six floors. I'm looking for a 125-bed buildout."

Dragone added that he would like to dedicate the lobby of the new hospital to his late wife, Carla.

The construction of the new building could take approximately a year and a half, he said, based on conversations he has had with people familiar with such projects.

The new hospital, a non-profit, would be overseen by a board of managers comprised of members of the Quincy community and Dr. Roberto Feliz would serve

as the hospital's CEO, Dragone said.

"There would be a director of the hospital - a CEO. This young man wants to be the CEO. He's had a lot of experience with it. He's board-certified in anesthesia, pain control, et cetera, and he has a business degree also," Dragone said of Feliz.

"I have said to him, Roberto, I want you to be CEO. I have told him I would be there, I want a little small office. I will not get paid anything. I do want to teach. That's what I want to do."

"I'm not getting paid. I don't need it - I've gotten enough money over the years."

AAA: Gasoline Prices Drop One Penny

Massachusetts's average gas price is one cent lower than last week (\$3.38), averaging \$3.37 per gallon. Monday's price is three cents lower than a month ago (\$3.40), and \$1.10 higher than Jan. 10, 2021 (\$2.27). Massachusetts's average gas price is seven cents higher than the national average.

"According to new data from the Energy Information Administration (EIA),

total domestic gasoline stocks rose by 10.1 million barrels last week. On the other hand, gasoline demand decreased from 9.72 million barrels per day to 8.17. Typically, pump prices decline due to lower demand and a rise in total stocks, but continued growth in the price of crude oil has helped keep pump prices from falling any significant amount," says Mary Maguire, director of Public Government Affairs for AAA Northeast.



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Real Estate

Quincy Real Estate Transactions Jan. 3 - Jan. 7

Transactions are compiled by the Norfolk County Registry of Deeds

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178 South Street LLC & Mattie Homes LLC
Karen P. Patterson
Ming S. Li & Chui Y.J. Chan
Sergey & Vitalina Eliseev
Ngok L. Li & So C. Li
Montillio Realty Trust
Carol Austin
Joanne M. Greene
Leide A. Lessa-Jordao
Kathleen M. Fitzgerald
Weyfront Realty Trust
Kit L. Chui
Patricia McClory
Hemingway Family Trust
189 Whitwell Street Realty Trust
Dr. Ravi Jasuja & Guneet Kaur
Richard D. & Jane Bonomi
Stephen M. & Olivia Smith
Joyce Carey, Robert Carey, Francis D. Carey, III & Jeanette Carey
Darion R. & Esther O. Ferdinand
Estate of James M. Reilly
Burke Irrevocable Home Trust
Benjamin Kudler
Pamela H. Ames & Ralph E. Ames, III

BUYER

Zhenfeng Li
Yinlin Zhou & Xiaowen Li
Sean P. McIntyre
Anicia Kuchesky
Lihui Chen
Biyang Zhang
Xiu P. Pan & Min R. Tang
Kristen Coco
Farid Khosravikia & Yasanam Zeinali
Robert Goguen
Pristine Investments LLC
Anna T. Ngo
Jianhui Guan, Xiaocui Mai & Langwen Guan
Stephen Kavol
Killing Capital LLC
Justine Lo
Diane & Thomas Lewis
Tony N. Nguyen & Cathy Pham
Ocia & Sherlock M. Douglas

Xiongwei Zeng & Jiamei Xu
Katelyn A. Liston & Jose Mora
Diana C. Reilly
Kaleigh McMurray
Johnny K. Kwan & Riana Subroto
Stephen M. & Olivia Smith

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\$660,000.00
\$415,000.00
\$369,900.00
\$505,000.00
\$720,000.00
\$900,000.00
\$535,000.00
\$650,000.00
\$395,000.00
\$470,000.00
\$644,000.00
\$525,000.00
\$540,000.00
\$229,000.00
\$897,500.00
\$775,000.00
\$785,000.00
\$600,000.00

\$650,000.00
\$557,500.00
\$239,000.00
\$630,000.00
\$300,000.00
\$975,000.00

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68 Edison Park
178 South Street, Unit 4
54 Parkhurst Street
94 Newbury Avenue, Unit 406
162 Quincy Shore Drive, Unit 65
77 Hamden Circle
287-289 Franklin Street
2001 Marina Drive, Unit 906W
223 Governors Road
200 Cove Way, Unit 503
28 Edgewood Circle
25 Broadway, Unit A
23 Spence Avenue, Unit 2
214 South Central Avenue
133 Commander Shea Boulevard
189 Whitwell Street
100 Cove Way, Unit 1006
145 Bates Avenue
10 Bay State Road

36 Apthorp Street
96 Garfield Street
48 Hilda Street
44 Virginia Road
21 Linden Street, Unit 118
166 Essex Street

Hot Decorating Trends For 2022

By BARBARA GRACEFFA

Happy new year! What a great time to think about bringing more happiness into 2022 by sprucing up your home décor.

So, what's new in the new year? Let me tell you and let the decorating begin.

When it comes to color, neutrals take center stage with beige replacing gray. If you're a fan of color, greens will dominate with a bold emerald or softer sage. Prefer a blue hue? Cobalt will replace navy as the top pick.

When it comes to fabrics, you'll see furniture and accessories in nubby bouclé, luxurious velvet, and silky Chinese prints.

Pinterest foresees "limitless luxe" in home fashions this year especially for millennials and Gen Xers who are searching the online bulletin board in large numbers for opulence throughout the house, believe it or not, including laundry rooms, basements, and garage interiors.

Due in part to supply chain issues, vintage furniture graces the scene again this year, including mid-century modern, art deco, and brutalist designs. A new style in furniture brings rounded shapes including sofas and chairs with curved backs, arms, and legs. You'll even spot curved

kitchen islands in this year's designs.

Speaking of kitchens, you'll see fewer upper cabinets and more windows to bring in both fresh air and natural light. Long linear backsplash tile is all the rage, too. For example, 4 x 12" vertical subway tiles in a crackle finish or herringbone pattern remain in vogue.

Bathroom remodeling plans on the horizon? Houz forecasts lots of pull-out shelves, in-drawer electric outlets, and other hard-working storage like cubbies and hidden hampers. And don't forget the multiple showerheads and sprays as well as practical design elements for aging in place including grab bars, curbless showers, non-slip flooring, and shower benches. Relatively inexpensive and easy to install, don't skip on heated floors for extra spa-like pampering.

Finally, thanks to the pandemic, this year we'll see more emotional escape rooms - a term that's new to me but not a

new concept. To support your wellness and mental health, homeowners are planning everything from home massage rooms to music rooms. (I'll write more about this trend in a future column.)

In closing (and you've heard me say this before), I agree with the experts at The Spruce, "Though it's always important to design a space in a way that feels best to you, trends are a great blueprint to follow or simply an exciting way to jazz up a room that may have been feeling a little down lately."

Barbara Graceffa owns Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her services, workshops and quilt shows at www.sec-interior.com, and follow her on Facebook and Instagram @secretaryinteriordecorating.

New clients can reach her at 617-921-6033.

Flight Canceled? Tips For Handling Travel Delays

By BETTER BUSINESS BUREAU

Flights are continuing to be canceled as airlines struggle with pandemic-related staffing woes. Thousands of flights have been affected, and there is no end

in sight to the disruptions. As airlines continue to try to accommodate stranded passengers, the Better Business Bureau® (BBB®) provides guidance to travelers who may be seeking compensation and refunds for cancellations.

When a consumer is flying domestically in the United States, rules regarding flight delays and cancellations are overseen by the U.S. Department of Transportation. In Canada, complaints about flight delays are handled by the Canadian Transportation Agency. In

general, there are no U.S. federal laws requiring airlines to provide passengers with compensation for a delayed flight. In Canada, see the flights and delays cancellations guide. Airlines may have their own policies and may provide better benefits if a flight was canceled

Cont'd On Page 14



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Santoro New School Committee Vice Chairperson

Cont'd From Page 3

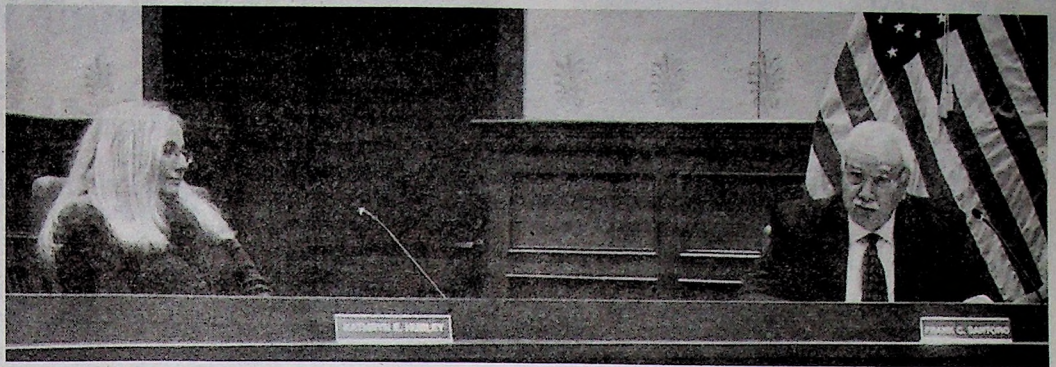
es, Santoro stated, but there is hope on the horizon.

"Here we are 30 years later trying to come out of another dark tunnel; not one of fiscal hardships, but rather one under the grips of a pandemic," he said. "Serving on this committee the last two years I can honestly confirm that it had to be one of the hardest-working committees in history."

"Committee members Bregoli, Lebo, Gutro, Perdios and myself, under the leadership of Mayor Koch, vice chairs Andronico and Hubley, met weekly and sometimes more. Supt. Mulvey, his leadership team, our teachers, city employees, and the entire staff worked diligently to make sure our students were safe and that

they were learning.

"Once again, as I sit here as a vice chair, we can see the glimmer of light at the end of a dark tunnel as we hopefully soon see a decrease in COVID infections; we say hello to our new member, Tina Cahill, and her thoughts and ideas; open the doors to parents and teachers as meetings welcome student representation at our table; resolve a teachers' contract; welcome the thoughts and service of our newly appointed equity, diversity and inclusion administrator under the superintendent's leadership team; watch our students and staff listen and learn from each other's culture; plan a new Squantum Elementary School; open the DeCristofaro Learning Center;



FRANK SANTORO, newly elected vice chairperson of the School Committee, addresses his colleagues during the committee's Jan. 5 organizational meeting. "We can see the glimmer of light at the end of a dark tunnel," Santoro said. Looking on his Kathryn Hubley, who served as the committee's vice chair for the past eight months. Quincy Sun Photo/Scott Jackson

and watch our high school students take advantage of our college pathways, just to name a few things on the brighter horizon."

"I look forward working with you as your vice chair keeping our students safe and learning and making

this great system even better," Santoro concluded. "I am honored to accept this nomination."

Committee member Paul Bregoli nominated Santoro for the vice chair position during the organizational meeting. Bregoli said he and

Santoro have been friends for the past 56 years.

"Frank has distinguished himself as an educator for 42 years," Bregoli said. "He has distinguished himself as an educator, a colleague and a member of the community. I am proud to place

Frank Santoro's name before you for vice chairman of this body."

Committee member Kathryn Hubley, who served as vice chairperson of the committee for the last eight months of 2021, seconded the nomination.

'Significant Spike' In School COVID Cases Following Break

Cont'd From Page 1

Jan. 5, which was held two days after students returned to the classroom on Jan. 3 following the winter break.

"Unfortunately, as we all know, [with] the omicron and delta variants of COVID-19, we have a significant spike in our COVID-19 numbers that has developed over the course of the break and through to the present," Mulvey told the committee at the Jan. 5 meeting.

"It is because of that that myself and the team have been working diligently to come up with plans to effectively address these increases."

During the two-week period from Dec. 22 to Jan. 4, Mulvey said there were 570 cases of COVID-19 among students and 140 cases among staff members. An additional 81 student cases were reported on Jan. 5, along with 13 staff cases. Mulvey said one staff member, who is unvaccinated, had been hospitalized.

Mayor Thomas Koch, the chairperson of the committee, said he understands people might be feeling anxious if they have children in the school system or if they work in the schools, but the district is doing everything it can to keep students and staff safe.

"I want to make sure the public understands and reassure them that we are doing everything possible to make it as safe as possible for our kids and our staff," he said. "We'll get through this."

"It may be a crazy January, but we will get through it."

Committee member Emily Lebo said the increase in cases seen after the end of winter break was a result of transmission that happened while students were outside the classroom.

"It's obvious all of this took place over break," Lebo said. "This is not in-school transmission. This is not because of anything in the school. This was caused by people gathering over break."

The state Department of Elementary and Secondary Education on Dec. 30 updated its guidance for individuals who test positive for COVID-19, Mulvey explained. Those changes were made days after the US Centers for Disease Control and Prevention updated its guidance for infected individuals.

Under the new state guidelines, individuals who test positive for COVID-19 can return to school after five days if they have no symptoms or their symptoms are resolving, but they must continue to wear a mask for an additional five days; they would also eat lunch separately from other students. If an individual still has a fever on day five, they must continue to isolate until fever-free for 24 hours.

Vaccinated close contacts to positive COVID-19 cases can continue to attend school or work as long as they remain asymptomatic but should monitor themselves and family members for symptoms.

Unvaccinated in-school close contacts to positive COVID-19 cases may continue to attend school by participating in the Quincy Public Schools' test and stay program; individuals in the test and stay program are tested daily for at least five days after an exposure, with those who test negative allowed to remain in school. Outside of school unvaccinated close contacts to positive COVID-19 cases or those who do not wish to participate in the test and stay initiative must quaran-

time for five days and may return to work or school on day six if they remain symptom-free.

A COVID-19 test - either a rapid antigen test taken at home or a PCR test by a healthcare professional - is recommended for all individuals on day five following the exposure.

At the committee meeting, Mulvey urged those who have yet to sign up for the test and stay initiative, or the district's pool testing program, to do so.

"Those programs have been invaluable in allowing us to keep a significant number of students and staff in school safely, even though they may have been close contacts. Because of the pool testing and test and stay programs, we have been able to successfully operate our schools via staffing but also allow students to continue...without the need to do remote education," he said.

"I can't stress enough to the community for those who are hesitant to join pool testing [and] test and stay, please reconsider. It is essential and it is a valuable tool that we have."

The pooled testing and test and stay initiatives have been an additional burden on school nurses, and the district is looking at ways to reduce that burden so they can focus more on the health and wellbeing of students, Mulvey said. Effective last week, families will be notified via the school messenger system (a phone call, text and email), not a phone call from the nurse, if their child is deemed to be a close contact, for example.

The district has also discussed with state officials the possibility of using the National Guard to assist with pooled testing and the test and stay programs, the

superintendent said.

"The National Guard is a potential we're looking at for bringing teams in...to help us with the pool testing and test and stay initiatives," he said.

"We used the National Guard earlier in the year for our transportation services and I have to say I wish we didn't have to give them up because they were so professional. Our students and our parents loved them. I expect that would be the same if in fact we do employ the National Guard for assistance in this area. That would certainly take a big burden off of our nurses as well as our administrative staff, so we are certainly looking at that."

In addition, the district could look for additional staff from CIC Health for the two testing programs. CIC Health is the vendor the district has been partnering with on those programs.

Having enough substitute teachers available to staff classrooms is a concern, Mulvey said, and the district is looking at ways to hire more substitutes.

"We've been making various attempts to increase our sub lines by increasing obviously the salary but also casting a wider net in regard to local colleges and universities," and posting openings online, he said.

"That has worked to some extent, but we are still in great need for sub coverage. So, if anyone is interested in becoming a substitute teacher, please reach out to us."

Various personnel within individual schools, and even members of the superintendent's leadership team in the central office, have filled in as substitute teachers, Mulvey added.

Some classes went uncovered on Jan. 3 and 4, but

not on Jan. 5, according to the superintendent. In those instances, the uncovered classes were combined with other classes and moved to the school auditoriums.

Mulvey said that a number of parents have suggested moving to remote learning, but that is not an option under the state's current guidelines.

"A lot of parents are seeking a remote school option and based on state guidance currently everyone should know that is not an option that we can pursue," he said. "At the moment, the state has not relaxed those requirements to continue to be in-person."

Students who have to stay out of school because of COVID-19 can participate in classes remotely, Mulvey added.

Students and parents have also raised concerns about lunchtime, when students are eating in the caf-

eteria without masks on, he said. To address those concerns, some students will eat lunch inside school gyms.

"We are looking at expanding our cafeterias, our lunch tables, into the gymnasiums during the day to create space for our students as a way to alleviate concerns of parents or students relative to eating while unmasked in the presence of other students," Mulvey said.

The district has plenty of personal protective equipment available for use, Mulvey said, and is able to restock items as they are used. The state provided the district with KN95 masks for teachers, he added, and the school system received 900 rapid test kits for teachers and paraprofessionals before the end of winter break. Mulvey was hopeful the district would receive additional test kits going forward.

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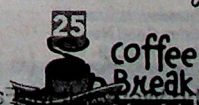
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Movie Review: 'The 355'

By BOB GARVER

For some reason, "The 355" really wanted to be the first movie of the year — any year. It was originally scheduled to open in January 2021, but I guess the studio decided that since theaters in major markets weren't open yet, it should be pushed back to January 2022. Things might have worked out better in 2021.

Yes, it would have faced obvious hurdles with a limited number of theaters, but competition in that era was scarce. It wouldn't have gotten steamrolled by "Spider-Man: No Way Home" and "Sing 2" like it did this past weekend when it opened to less than \$5 million at the domestic box office. Then again, it might not have made a difference. Audiences know a bomb when they see one, no matter when it opens.

The film brings together an impressive cast: Academy Award winner Penelope Cruz, Academy Award winner Lupita Nyong'o, multiple time Academy Award nominee Jessica Chastain, SAG Award winner Diane Kruger, and Chinese superstar Bingbing Fan. A movie like this should want you to come for who these actresses are and stay for what they do. Unfortunately this movie is just content to get you to come for who the actresses are and that's it, there's nothing interesting about what they do.

The actresses play spies (actually Cruz plays a psychologist who works for a spy agency but isn't a spy herself, as her wet-blanket character constantly reminds us) that are all trying to keep an evil flash drive from falling into the wrong hands. The "wrong hands" means the bad guys, obvi-



ously, but it also means each other's agencies, meaning that they're at odds with one another. Eventually they learn to work together and rightfully decide that their own corrupt agencies shouldn't have it either.

Their mission takes them all over the world as they track the MacGuffin from one boring bald guy to another. We wait for it to wind up in the hands of a cast member worth crediting. It starts off with a corrupt DNI agent (Edgar Ramirez), but he's got "killed off quickly" written all over him. We also know that arms dealer Clarke (Jason Flemyng) is in the mix, but he's too boring (even for this movie) to truly be at the top. Could it possibly be Chastain's partner (Sebastian Stan), who was presumably killed in the first act, but whose death we didn't see so he's surely still out there somewhere?

The characters and story certainly aren't enough to carry this movie, how's the action? Choppy and underwhelming. The actresses usually wear wigs for their missions, which is just a thinly-veiled excuse to hide stunt doubles under those

wigs. But the stunt doubles aren't being directed particularly well, so there's little point. The fight scenes offer nothing unique and there are so many shootouts that you'll be bored with shooting by the end of this movie. A movie with this high of a body count from shooting really has no business going for a PG-13 rating, but it's intentionally just bloodless enough to qualify.

Although the film's advertising has given away why the movie is called "The 355," we don't get the scene where it's explained until the very end (which is another dead giveaway that the Stan character is still alive). This means that the group plans to continue working together, and thus a sequel is implied. I dare someone to give us a sequel after how bad this movie is and how badly it has performed. At least whoever is put in charge won't have to worry about high expectations.

Grade: D

"The 355" is rated PG-13 for sequences of strong violence, brief strong language, and suggestive material. Its running time is 124 minutes.

161 Students On Honor Roll At Point Webster Middle School

One hundred sixty-one students are listed on the first term honor roll at Point Webster Middle School.

They are:

HIGH HONORS

Grade 8: Karthik Balamurugan, Jake Basan, Connor Blatcher, Braylon Brown, Kristy Cao, Anthony Carinci, Jacob Chan, Heidi Chau, Gavin Doyle, Sarah El-Dayisty, Mya Fontaine, Tyler Galecia, Aiyanna Garcia Pizarro, Leia Gomes, Jacky He Lam, Aryelle Jamero, Desiree Johnson, Mae Ju, Srikanth Kuchulankanti.

Amine Laichi, Vincent Le, Emily Lim, Alexander Luu, Dara Mashova, Vienna Mei, Minh Nghiem, Dristi Patel, Henry Purchase, Toby Ramiz, Emily Ruan, Gabriel Santos Souza, Hadiya Saquib, Teddy Thai, Sariah Thiha-Wong, Michael Wubeshet, Carolyn Yu, Johnson Yu, Tiffany Zhang.

Grade 7: Orooj Adil, Fayana Altheus, Lidya Araya, Tina Au-Duong, Akshat Bhardwaj, Pallavi Cherukuri, Pavan Cherekuri, Liliana Fonseca, Danielys Guzman Reyes, John Huynh, Annika Kogler, Srutha Keerthi Komma, Jingwen Kuang, Athena Kymissis,

Yubin Liu, Gabriela Lopez. Cullen McSweeney, Jingying Mei, Arwen Merino Suarez, Elias Monroy-Ochoa, Melissa Morales, Emma Nguyen, Yanleanis Ortiz Romero, Karen Ortiz-Vasquez, Rachel Ou, Pranav Pragatheeswaran, Amarah Sarwar, Amanda Silva-Costa, Kaylee Tang, Collin Tran, Justin Tsao, Ainsley Ruffina Vigil Kaspar Dev, Rachel Xie, Alex Yu, Amanda Zhang, Brenda Zhang, Katrina Zheng.

Grade 6: Finn Callaghan, Caley Chen, Santiago Delgado Ramirez, Baiwei Deng, Winta Fessa-haie, Brian Huynh, Vianna Huynh, Matteo Kacaj, Mia Leung, Karston Luo, Amira Mohamed, Cindy Nguyen, Elizondo Pichardo, Dafny Rodrigues Campos, Anany Kumar Somala, Shlok Tana, Vanessa Tran, Kylee Walsh.

HONORS

Grade 8: Nicoli Aguiar Lopes, Olivia Alamba, Noah Araya, Larissa DeFreitas, Tais Fernandes Valentin, Filmon Fessa-haie, Caydan Giamo Chaplin, Bryan Gustafson, Christopher Habchy, Peter Lathrop, Olivia Nguyen, Harry Pham, Tedsen Pierre, Deila Mara

Pires, Jacoby Quinn, Brian Tam, Sianna Tucker, Marquis Wash-Lucas.

Grade 7: Kaiky Alves Firmino, Minh Bui, Minting Chen, Kayla Chow, Aiden Cordero, Cibele De Oliveira Barbosa, Trung Do, Jayla Douangmala, Dimitri Dufault, Susi Francisco Ribeiro, Arelanis Garcia, Murillo Gomes Marques, Nikola Hysenaj, Rebecca Lafferty, Jayden Lemus.

Nathan Mei, Halima Mohamed, Antonio Monteiro, Piper Neal, Colin Parrell, Farudji Pierre, Chanya Pogue, Sofia Princiotta, Eliezer Ramos III, Dallas Stone, Monica Tacuri Clavijo, Alexaidy Tejada Gonzalez, Andy Vega-Ramos, Kevin Villalon, Fairley Volcy, Aaliyah Williams.

Grade 6: Khalil Abdalla, Odin Boyd, Oliver Bridges, Kellyanne Cabral, Swapnil Das, Lilyana Ebbs, Humshini Elayaraja, Amanda Gonzalez, Habib Goutay, Miguel Jimenez Soto, Kaloyan Mashov, Giandra Melanson, Bonnie Meng, Catherine Mohanraj, Meredith Murphy, Eliana O'Connell, Christian Raphael, Victor Rocha, Zutuan Zhuo.

Two Quincy Residents Earn Master Of Science Degrees

Two Quincy residents recently earned degrees from the University of the Commonwealths in Williamsburg,

KY.

Ajay Kumar Kota received a Master of Science in information technology.

Ithihasa Reddy Nirmala received a Master of Science in information technology.

Flight Canceled? Tips For Handling Travel Delays

Cont'd From Page 12

or significantly delayed within the airline's scope of control. Consumers may have additional benefits if they purchased the flight with a credit card that offers additional travel protections. Check the cardholder agreement and with the airline. Consumers should keep receipts for extra purchases, like a hotel room, so they can submit them to their airline or credit card company for reimbursement later. Typically, nearly all domestic airlines will try to accommodate passengers on the next available flight, and sometimes on a different carrier.

When flights are canceled by the airline, consumers are always entitled to a full refund. This includes a refund of any bag fees or extras, such as additional legroom, for a seat. If the airline offers a voucher in lieu of a refund, ask about expiration and blackout dates. Airlines may also

have additional restrictions on the use of vouchers. Consumers are not obligated to accept vouchers and may insist on a full refund instead. If the trip was canceled by the consumer, however, they may not be entitled to a full refund.

BBB is asking consumers to keep the following tips in mind when handling travel disruptions:

Check delays - Travelers can check their latest flight information on their carrier's website or via the airline's telephone reservation system. Many times, delays don't occur until the day of the flight and the airline must update its flight information within 30 minutes of receiving a notice of a status change.

Check carrier and credit card terms - While federal regulations don't require airlines to reimburse expenses such as rooms or food in the event a flight is canceled or severely delayed, the carrier and credit card companies may have

different policies. Purchase tickets with a credit card that offers trip protection or travelers insurance and check individual airline policies.

Keep documentation - Keep receipts and records for expenses incurred as a result of a significantly delayed or canceled flight. These may be needed later to recover expenses.

Check the carrier's website - Most airlines allow consumers to initiate refunds directly on the carrier's website. Using a website may help a consumer obtain a refund or rebook a trip much faster than waiting for a consumer service agent in person or on the phone.

Rules are different for foreign flights - Flights that were canceled while in another country will be affected by the laws of that nation. Check with the local country's department of transportation while traveling internationally.

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Public Access Channel 8

Thursday, January 13
6:00pm: Bethany Congregational Church
8:00pm: High School Basketball

Friday, January 14
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, January 15
12:00pm: On the Road with Jazzy Bill
1:00pm: High School Basketball

Sunday, January 16
11:30am: Good News
1:00pm: The Call

Monday, January 17
12:00pm: TCPL Presents: African-American Music
5:30pm: TCPL Presents: Black Oscars

Tuesday, January 18
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, January 19
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 13
6:00pm: At Your Library: January Happenings
8:30pm: Board of License Commissioners 1/11

Friday, January 14
12:00am: Meet the Author
6:30pm: FYI: QHD: Seasonal Flu
8:30pm: Zoning Board of Appeals 1/11

Saturday/Sunday, January 15/16
10:00am: At Your Library: January Happenings
11:00am: TCPL Presents: Aging Strong
4:00pm: Board of License Commissioners 1/11
5:30pm: Zoning Board of Appeals 1/11
9:00pm: TCPL Presents: Investing For Beginners

Monday, January 17
11:00am: TCPL Presents: Aging Strong
12:30pm: Finding Strength & Balance with Maggie

Tuesday, January 18
4:00pm: Board of License Commissioners 1/11
5:30pm: Zoning Board of Appeals 1/11

Wednesday, January 19
11:00am: TCPL Presents: Aging Strong
7:00pm: TCPL Presents: Restorative Yoga

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



ABOUT 70 INDIVIDUALS attended a silent vigil Jan. 6 on the steps of United First Parish Church in Quincy Center marking the one-year anniversary of the U.S. Capitol insurrection. The attendees gathered in silence for one hour and held battery-powered candles as a symbol of hope for democracy for all. "We are here to raise a candle and witness to our shared humanity and for the need for all of us to honor one another's light, one another's inherent worth and dignity," Rev. Rebecca Froom, minister of United First Parish Church, said in remarks before the silent vigil began. Quincy Sun Photos/Robert Bosworth

'The Promise Of Democracy Is Shared By All Of Us'

Cont'd From Page 1

democracy."

On Jan. 6, 2021, an angry mob of upwards of 2,500 supporters of U.S. President Donald Trump attacked the Capitol building in an attempt to overturn his defeat in the 2020 Presidential Election to Joseph Biden. At the time of the riot, they violently disrupted a joint session of Congress that had assembled to count electoral votes that would certify Biden's victory.

As the rioters stormed the building, the Capitol was locked down and lawmakers and staff were evacuated. Some in the mob assaulted law enforcement officers, damaged the seat of our nation's government and occupied the building for several hours.

The clash and riot claimed the lives of five people and many were injured including 138 police officers. It has been reported that four officers who responded to the attack died by suicide within seven months of the incident.

Among the artifacts that were vandalized that day was a portrait of Sixth President John Quincy Adams — a favorite son of Quincy — that was doused with some kind of corrosive gas agent residue.

Facing the steps of the United First Parish Church, "The Church of the Presidents" where the sixth President along with his father, Second President John Adams and their wives are entombed in the building's crypt, Rev. Froom thanked those assembled "for coming this evening to open your hearts and raise a candle and witness to both the promise of democracy and the threat to democracy." She said it has been a "long, strange few years where during the pandemic we have often been in isolation and from our separate places have looked to a society that seems increasingly fractured."

One vigil attendee held a sign with the message "Equal Justice Under Law — I Support Democracy!" while another cradled a Biden-Harris 2020 Presidential Sign amid the glow of soft candlelight in a deepening darkness.

Rev. Froom then recalled the anger and horror of Jan. 6th, 2021 "when a bigoted, racist mob stormed the capital of our democracy. We witnessed an insurrection in live time. Many of us from our own places, our own places of work and where we live looking out in a mixture of shock and total surprise at the same time seeing this aspect of our country revealed.

"We experienced a lot of emotions that day and a lot of emotions since then," Rev. Froom continued. "Today, we are here with our broken hearts and our courageous hearts. Here to bear witness to the violence and the pain that was present in our country that day and that is present in our country this day.

"We are here to raise a candle and witness to our shared humanity and for the need for all of us to honor one another's light, one another's inherent worth and dignity."

Rev. Froom then asked: "What would our founding fathers, our founding mothers think of such a moment? Are they rolling over in their graves?"

"Well just in this building, there is the crypt that this the final resting place of John and Abigail Adams and John Quincy and Louisa Catherine Adams. I've never heard them moving . . . but I do go down there from time to time and including January last year and place a hand on those granite tombs and let them know the state of our country and let them know what is going on and I do that as a personal act of prayer and witness to remember that we are a part of living history."



AMONG THOSE ATTENDING a silent vigil marking the one-year anniversary of the U.S. Capitol insurrection were (from left to right) Rev. Dr. Michelle Walsh, community affiliated minister at United First Parish and a professor at Boston University; Rev. Rebecca Froom, minister, United First Parish Church; and Rev. Sheldon Bennett, minister emeritus, United First Parish Church.



VIGIL ATTENDEES hold candles and one holds a sign reading "Equal Justice Under Law - I Support Democracy" on the steps of United First Parish Church Jan. 6 - the one-year anniversary of the U.S. Capitol insurrection. The deadly riot marked the first breach of the U.S. Capitol building since the War of 1812.

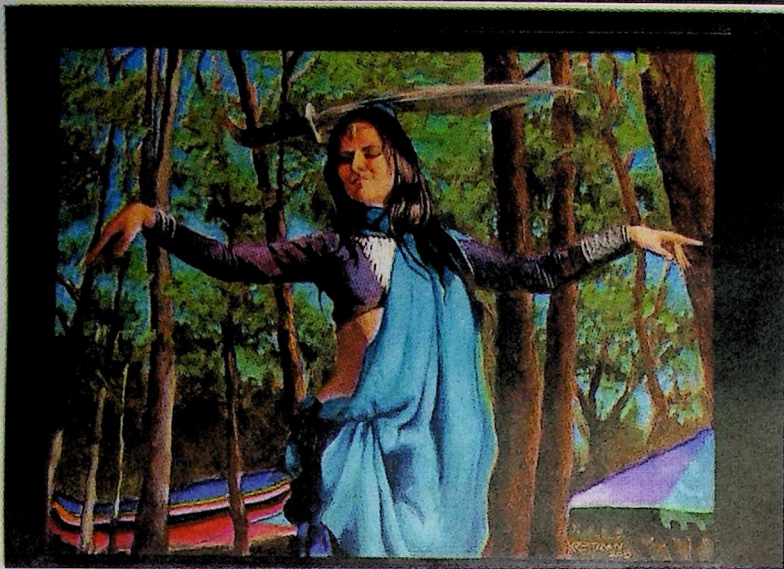
"Our forefathers, our foremothers, our ancestors in democracy were inspired and imperfect people. And here we are in living history inspired and imperfect people. We will gather in si-

lence here on the steps of the Church of the Presidents. Here in the heart of the city that is the City of the Presidents and joining our lights together we bear witness to the promise of democracy

and that democracy requires us to come out of shells, out of our homes, sometimes in body like this, other times by raising our civic voices and call to our elected repre-

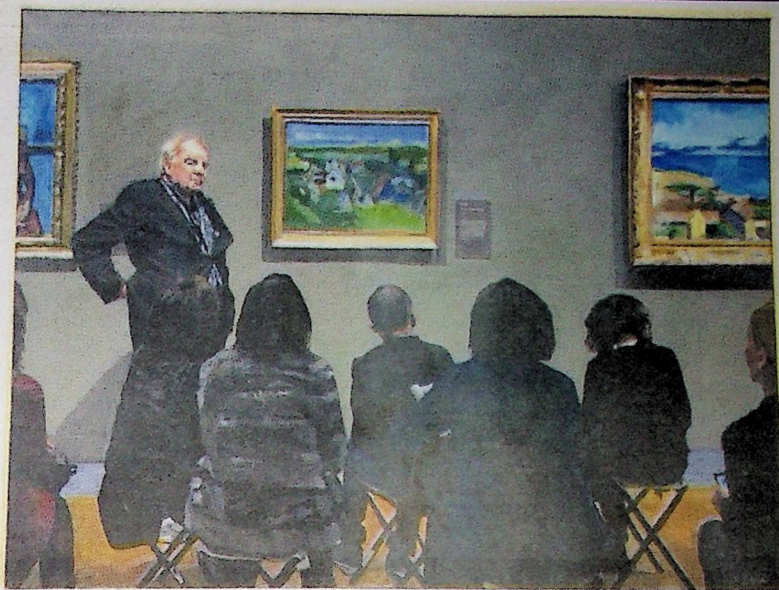
voices in protest and rallies and standouts like the stand-out for Black Lives that we have here every Thursday."

"The promise of democracy," Rev. Froom said, "is shared by all of us."



"THE SWORD DANCE" by Kris Kreitman is among the oil paintings on exhibit at the Quincy Art Association's QArts Gallery at 1229 Hancock St., Quincy.

Photos of Art Works courtesy Quincy Art Association



OIL PAINTINGS by another artist – Deb Putnam – is also featured in the exhibit at the QArts Gallery, 1229 Hancock St. The painting above by Putnam is entitled **"The Lecture."**

QArts Gallery Opens Year With New Exhibition

The Quincy Art Association's QArts Gallery is ringing in the new year with artistic style.

An exhibition of two master oil painters opened Dec. 29, featuring Deb Putnam of South Boston and Kris Kreitman of Quincy. Both are award winning artists and longtime members of the Quincy art Association.

Putnam is frequently seen painting outdoors on neighborhood street corners or downtown Boston.

"There is something extraordinary about working outdoors in the city, hunting a site, being immersed in the noise and action as well as interacting with the community," Putnam says. When painting outdoors is not possible, she works in her studio on larger scale paintings, portraits, and other figurative works.

Putnam's subjects seem to convey a sense of pride for their everyday life and work. Her cityscapes involve much more than buildings. The light and shadows are equally described in her canvases. For more information visit dputnamart.com.

Kreitman's paintings exemplify a classical style of painting which involves applying glazes to complete his work. His style leans toward super realistic and is meticulously detailed. Whether landscapes or figurative, Kreitman's paintings are a glimpse into his process.

He currently exhibits regionally and nationally, with works in CA, NV, PA, and the Carolinas. Many of his works reside in private collections (portraits, property, and scenic works.) Currently he is working on private commissions of landscapes and portraits, as well as his own creative ideas.

This exhibit runs through Feb. 2.

Haven't been to the QArts Gallery yet? Now's the



"ALE FOR YOU M'LORD" by Kris Kreitman.

time and there's lots to see.

Discover the Artisan in the Window Series featuring Surfside Ceramics, a Quincy family of potters, Teri, Richard, and Adam MacMillan; shop the Small Works exhibit; and coming soon will be a rotating exhibit of sculptures by Dan Myers and Fred Costello.

All work on exhibit is available for purchase. The Holiday Pop-up Shop of fine art items and artisan works was such a hit that it's been established it as a permanent gallery gift shop featuring

local artists.

The QArts Gallery is located at 1229 Hancock St., Quincy, (across from Quincy College).

To contact the gallery call 617-302-3969 or email: quincyartma@yahoo.com. For more information visit www.quincyartma.org

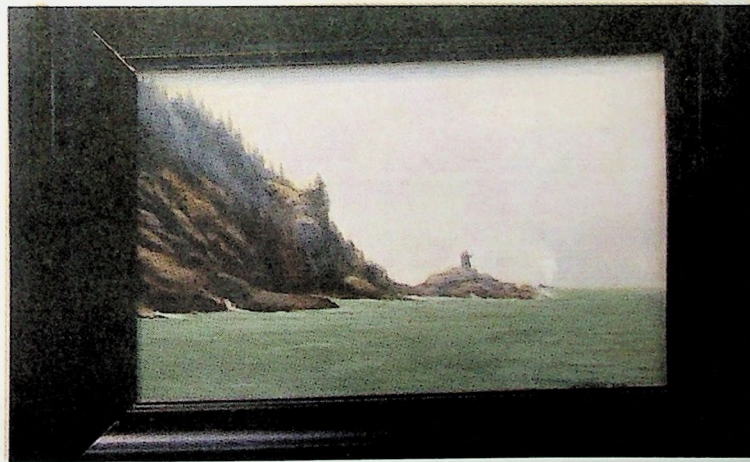
Hours: Thursday through Friday, 2 to 5 p.m.; Saturday and Sunday, noon to 5 p.m.

The gallery is handicapped accessible.

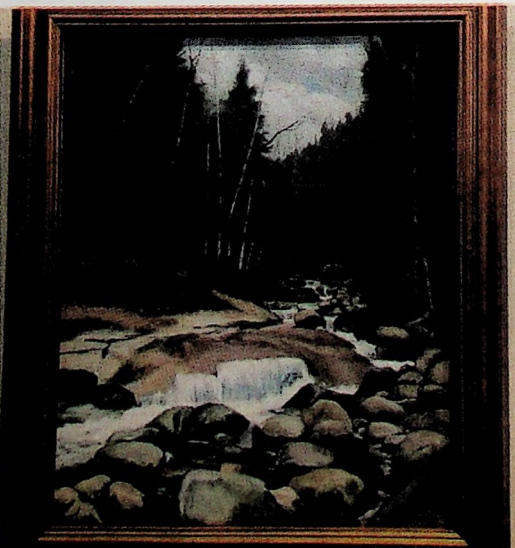
Shown on these pages are some of the oil paintings featured in the exhibit.



"THE GATHERING" by Deb Putnam.



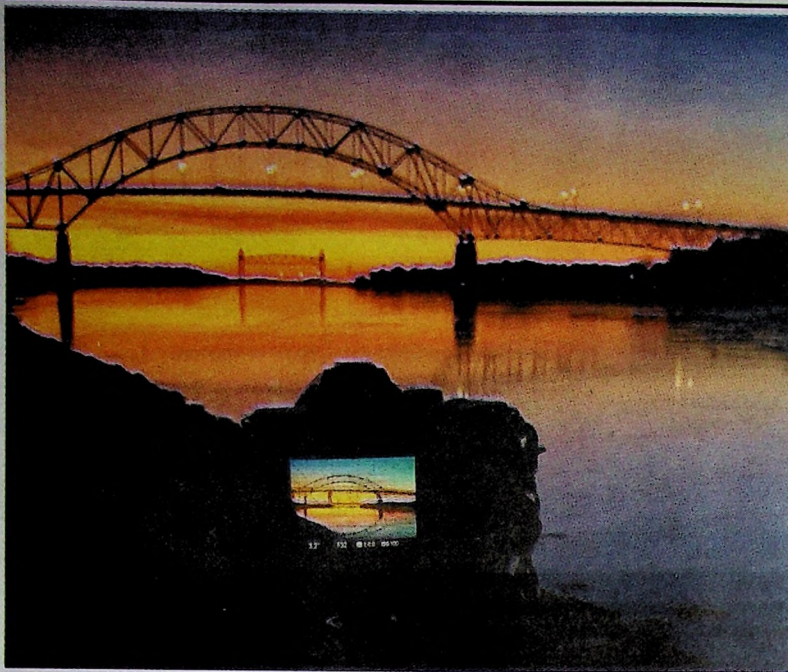
"JUST OFF THE POINT" by Kris Kreitman.



"CRYSTAL CASCADES PINKHAM, NH" by Kris Kreitman.



"HE GREET'S THE DAY" by Deb Putnam.



THESE PHOTOS OF the Cape Cod Canal (top left), Cygnets at Jenney Pond in Plymouth (top right) and the Fore River Bridge (bottom right) were taken by Betty Killgoar, secretary of the South Shore Camera Club, on trips with other South Shore Camera Club members. Photographers are invited to join the South Shore Camera Club, located in Quincy and one of the oldest photography clubs in the area.

South Shore Camera Club Welcomes New Members

Did you receive new camera equipment over the holidays or make a New Year's resolution to further pursue an interest in photography?

Think about joining the South Shore Camera Club.

South Shore Camera Club, located in Quincy, is one of the oldest photography clubs in the area.

Active since 1934, the club welcomes all levels of photographers, from professionals to those new to the art. There is a program specifically designed for beginners.

Club members, from all walks of life, share a love of photography and enjoy the collegiality of fellow enthusiasts.

The club meets on most Tuesday evenings from September through May. Meeting nights feature speakers, workshops and monthly competitions.

Meetings are usually held at the Quincy Point Congregational Church, but have adapted to the challenges of the times and presently meet over Zoom.

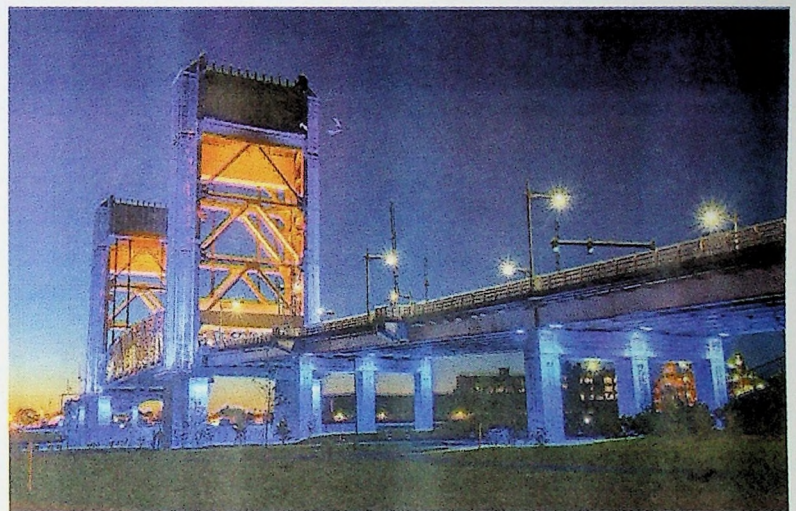
The club also offers optional road trips to members

at a location to shoot photos and share tips.

Trips are safe (following recognize COVID-19 guidelines), and they are a great way to meet people and have fun shooting photos.

If you are interested in photography, and want to improve your skills or share your knowledge with a group of like-minded new friends, join the club as a new member.

For more information and instructions on how to sign up, visit www.southshorecameraclub.com.



Reach your potential in 2022. Spring Session begins January 19.

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City Plants 500 New Trees

Cont'd From Page 1

The species are strategically selected to provide the greatest opportunity to survive in an urban setting. More specifically, each and every location was analyzed and an appropriate species chosen for each specific location that considered overhead utilities, underground utilities, crown size, salt tolerance, and height.

The city will do another planting in the spring based on receiving a very competitive bid price for the 500 tree effort.

"Quincy's tree-lined streets are an important

part of the character of our neighborhoods," said Commissioner of Natural Resources Dave Murphy. "As we continue to address the needs of our urban forest, tree replacement is a critical part of maintaining tree-lined streets and improving our local and global environments. The value of our city's tree-planting efforts will be enjoyed by generations to come. We are extremely appreciative of the continued support of Mayor Koch in planting new trees throughout the city."

If you are interested in a new tree this spring, contact

Mike Cassinelli at mcassinelli@quincyma.gov.

Added Murphy, "We will continue our efforts to plant as many trees as we can. The value of shade trees cannot be overstated. I encourage residents to get ahold of us if they would like a new tree planted in front of their home this year."

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First Nor'easter Of 2022 Blankets City Under 14 Inches Of Snow



THE FIRST NOR'EASTER of the 2022 winter season Jan. 7th dropped 14 inches of snow on Quincy, according to the National Weather Service. This photo was taken the evening of Jan. 7 outside the Wollaston Post Office on Beach Street as snow was still falling. In the distance is Hancock Street and Beale Street.

Photo Courtesy of Keith Robinson



SADIE WALSH helps her father clear off deep snow from a vehicle parked at 92 Shawmut Street in West Quincy as an American flag flutters in the background. *Photo Courtesy Tom Walsh*



SNOW SHAWL – John Adams statue at Hancock-Adams Common (above) and the John Hancock Statue (at right) appear draped with a shawl of snow and piles of the white stuff on their colonial tri-corner hats early Saturday morning - the day after a Jan. 7th nor'easter dropped 14 inches of snow on Quincy. The city was among the highest snowfalls in the state, according to the National Weather Service.

Statue photos by Robert Bosworth/The Quincy Sun

BRICK & BEAM TAVERN

Why cook when you could eat out and raise money for

North Quincy High Boys Hockey Team !

RESTAURANT FUNDRAISER



Join us at **BRICK & BEAM Tavern** on **Monday, January 17th** anytime from 4:00 PM til 9:00 PM and a portion of sales will be donated to **NQHS Boys Hockey Team.**

705 Adams ST, Quincy Dine In or Takeout Remember you **MUST** mention to your server **North Quincy High Boys Hockey** in order for the program to benefit!

Kathleen L. Kenney
Evin C. Kilcoyne, Mad-
elynn L. Knoblich, Kiera
R. McKenzie, Samuel J.
McMillen, Kayla N. Ngo
Mason Nguyen, Starling
G. Nunez Santana, Rich-
ard K. Peng, Peter N. Pham
Jr., Minh C. Phan, Paige E.
Phinney, Ryan J. Rush, Ja-
cob N. Supinski, Savanna
N. Tran, Johnny Truong
Benjamin L. Vines

AAA Advises Drivers To Get Cars Ready For Winter

The blast of cold weather that arrived this week in the Northeast is an excellent reminder for motorists to make sure their vehicles are prepared for the wintry weather ahead.

AAA Northeast urges motorists to make sure their vehicle is ready to start and run during the bout of cold weather.

"The average vehicle

on the road today is more than 12 years old and even dependable cars might not be ready for the worst that winter has in store for us," said Mary Maguire, AAA Northeast Director of Public and Legislative Affairs. "Preparing now before your vehicle breaks down can save you time, money and aggravation when the mer-

cury settles into the teens and single digits."

Motorists can prepare for adverse cold weather conditions with these tips from AAA:

Battery and charging system: Have the battery and charging system tested if your vehicle's battery is more than three years old. Even a good battery can lose up to 50 percent of its capacity when the temperatures drop to zero. Even at 32 degrees it can take up to 30 percent more power to start a cold engine. If your vehicle started with a jump-start you have only fixed the symptom, but not the underlying problem. A well-maintained vehicle should start in nearly any weather condition.

Coolant: Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. A 50/50 mix of antifreeze and water will protect

your car's engine to -34 degrees. You can test the antifreeze protection level with an inexpensive tester available at any auto parts store. Check the cooling system hoses for leaks, cracks or loose clamps, too. Any hoses that feel brittle or spongy when squeezed should be replaced.

Ignition: Today we don't think about tune-ups like we once did with older cars, but ignition systems can fail. Damaged ignition wires, a cracked distributor cap or worn spark plugs can make starting difficult. If the check engine light is flashing this indicates an engine misfire that could be a result of a malfunctioning ignition system. Driving with a flashing check engine light will permanently damage the engine catalytic converter - a very expensive repair.

Oil: This is a year-round recommendation, but certainly worth taking care of with the rest of your winter prep. Always have your oil changed per manufacturer

recommendations. You should have all of your vehicle's vital fluids checked at the same time. Synthetic oil is a benefit in nearly every vehicle and will allow for quicker starts in very cold weather.

Tires: In areas with heavy winter weather, installing winter tires on all four wheels will provide the best traction. Winter tires are also formulated to work better in very cold weather conditions due to the stickier rubber compounds. All-season tires work well in light-to-moderate snow conditions provided they have adequate tread depth. Examine tires for tread depth, uneven wearing and cupping. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.

Washer fluid: Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components. Some

window washer solution is rated to just 20 degrees, but in cold weather this solution can freeze and damage the washer system. Look for washer fluid that protects well below freezing temperatures.

Wipers: Wiper blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. Consider installing all-weather wiper blades that have a one-piece plastic beam frame or winter blades that wrap the metal frame in a rubber boot. Both designs help prevent snow and ice buildup that can interfere with blade-to-glass contact.

Engine Warm up: Extensive engine warm ups are not necessary even in very cold weather. A more fuel-efficient technique is to start the car, find your favorite radio station and buckle up. Then drive reasonably until the engine comes up to operating temperature. This will help extend the life of your vehicle.

Quincy Point Congregational Church

Quincy Point Congregational Church, 444 Washington St. will celebrate the Second Sunday after Epiphany and Martin Luther King weekend Sunday, Jan. 16 at 10 a.m. in-person and live streamed worship.

Some safety protocols have been reinstated due to the recent and rapid rise in COVID infections. It is hoped that Omicron will dissipate just as quickly as it arrived, so that these protocols will be short-lived.

So, until further notice:

- Masks will be worn in the building at all times.
- Coffee Fellowship will be suspended.
- Social distancing will be mandatory in the Sanctuary.

The church is accessible to all with designated parking and an elevator on the Abbey Road Side of the church.

Check out the worship services anytime on the church website at www.quincypointcong.org, on the Quincy Point Congregational Church YouTube channel, or on our Facebook page.

Worship is also broadcast on Quincy Access Television at 6 p.m. on Wednesdays.

Need help connecting? Give the office a call at 617-773-6424.

Lighthouse Fellowship Church

The Lighthouse Fellowship Church continues to have in person services.

Also ongoing are the many church activities. Bible Study on Tuesday night alternating with the men's meeting. A meeting for corporate prayer is held once a month on Monday evening. Youth group on Friday night consisting of Bible trivia, 'Jeopardy' and a chance to receive God's Word.

The next Sunday worship, on Jan. 16, will be a special event as the church celebrates 110 years of continuous worship in this same building. The pastor will bring a message from the Book of Colossians and there will be time to recall the origin of the church as to when and how it was established.

The missionary arm of the church is busy planning an outreach to newly arrived immigrants from Afghanistan. The initial focus will be on teaching them English.

Sunday Church Service at Lighthouse Fellowship Church starts at 10 a.m. each week and all are invited. Please come and join in as we worship Our Lord and Savior Jesus Christ. The church is located at 73 Newbury Ave., at the corner of Newbury and Sagamore Streets.

First Baptist Church of Wollaston

First Baptist Church of Wollaston, located at 81 Prospect Ave., Quincy, is open for everyone.

For those who have not fully vaccinated, please continue to wear mask and safe distance. However, on-line Worship will continue.

Our online dial-in/Zoom weekly meeting Schedule are the following: (see the church website: <http://firstbaptist-churchofwollaston.org/>)

- Sunday 9:30 a.m. - Vietnamese Worship Service at Fellowship Hall: Pastor Duc
- Sunday 10:30 a.m. - English Worship Service - Interim Pastor: Rev Bill Swilling
- Thursday 6:30 p.m. - Bible Class - Book of Revelation - Pastor Paul Lee
- Friday 11 a.m. - Prayer Group Meeting

For other inquiries call 617-472-0824 and ask for Le-wann Milla, the church administrator.

NQHS Team To Compete On Quiz Show

High School Quiz Show has revealed the competition bracket for Season 13 of Boston public media producer GBH's academic series.

A team of students from North Quincy High School will face off against Hopkinton High School on April 2 at 6 p.m. on GBH 2 and on YouTube.

In all, 17 Massachusetts high schools will go head-to-head in pursuit of the State Championship trophy. Emmy Award-winning radio personality Billy Costa

will return to host the fast-paced tournament as teams of four square off in categories including math, history, science, literature, civics and current events.

The new season of High School Quiz Show will premiere with the Wild Card match on Saturday, Feb. 5 at 6 p.m. ET on GBH 2 and on High School Quiz Show's YouTube channel. New episodes air weekly through May 21.

Among the top 17 qualifiers are returning Season 9 champion Andover High

School, Lexington High School, which took home the trophy in Seasons 7 and 8, and defending Season 12 champion Belmont High School. Three teams will make their High School Quiz Show debuts: Canton High School, Notre Dame Academy and Buckingham Browne & Nichols. Episodes will be taped using a unique and innovative hybrid model, with students competing remotely and Costa hosting from GBH studio in Brighton.

The 15 teams with the

highest scores from High School Quiz Show's virtual Super Sunday qualifying event last November immediately earned spots in the competition bracket. The final spot in the bracket will be determined through the season premiere Wild Card showdown between the two teams with the next-highest scores that had not been previously featured on the show, or hadn't competed in five or more years. This year those schools are Buckingham Browne & Nichols and Lincoln-Sudbury Regional High School.

USPS Accepted More Than 13.2 Billion Mailpieces, Packages This Holiday Season

The United States Postal Service reported preliminary performance metrics for the 2021 holiday season showing the organization saw volume increase when compared to the same time last year.

Between Thanksgiving and New Year's Eve, it took on average 2.7 days to deliver a mailpiece or package across the Postal Service network. During the same timeframe, the network accepted more than 13.2 billion letters, cards, flats and packages for delivery, exceeding 12.7 billion accepted for delivery during the same timeframe in 2020.

The Postal Service began preparing for the 2021 peak holiday season at the start of last year. Those preparations, which not only cor-

responded to challenges faced last year but aligned to the Postal Service's 10-year Delivering for America plan, helped mitigate delays even as mail and package volume surged to its highest peak-season level: 2.8 billion mailpieces and packages the week after Thanksgiving (Saturday, Nov. 27 to Friday, Dec. 3).

The Postal Service's peak season preparations included:

Stabilizing the Workforce and Preparing for Pandemic-related Challenges: The conversion of 63,000 pre-career employees into career positions and the onboarding of more than 185,000 employees since the beginning of last fiscal year, including the backfilling of the 63,000 pre-career employees and the national drive to hire an additional

40,000 seasonal employees.

Expanded Facility Footprint to Resolve Bottlenecks and Improve the Flow of Mail and Packages: The leasing of 13 million square feet of additional space across more than 100 locations to accommodate mail and packages, including over 50 annexes with multiyear leases to address year-round space constraints due to parcel growth.

New Package Sorting Equipment to Expedite Handling and Sortation of Increased Package Volumes: The installation of 112 new package sorting machines and more than 50 package systems capable of sorting large packages. As a result of an organization-wide focus on improving operations and strategic investments, the Postal Ser-

vice boosted daily processing capacity by 13 million packages. Package sortation capacity enables efficient movement of mail over the integrated USPS delivery network as mail and packages travel together. These machines also reduce the physical toll on our workforce.

Diversified, Reliable Transportation Options: The leasing of nearly 3,300 trailers just for peak season and the diversification of volume traveling across the air network among additional air carriers. The Postal Service also expanded the surface transfer center network by adding 1.6 million additional square feet and over 300 dock doors to, among other things, increase long-haul transportation utilization and mitigate driver shortage issues.

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PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D. ^{1/13} <i>Michael Cardillo on your birthday, January 18.</i> <i>Always in our thoughts and prayers</i> <i>Love, Family & Friends</i> ^{1/13}	HOUSE CLEANING by Houghs Neck homeowner. Prefer smoke-free, near busses. Joe Keenan 617-773-1084 ^{1/13}	CONTINENTAL MARINE SERVICES, INC. offers Boat Transportation, Hauling, Launching, Storage, Boat Disposals, Used Trailers, Large Selection of Used Parts 617-479-5799 ^{1/13}	 Weatherite Roofing & Remodeling Co. Licensed and Insured Many Roof Repairs Under \$300 • All Gutter Work New Roofs: Shingle, Slate, Copper, Rubber All Decks, Porches, Wood Rot 508-942-4200 WeatheriteRoofingMA@yahoo.com FREE ESTIMATES ^{TF} 30 YEARS EXPERIENCE ^{TF}		
FOR SALE Craftsman 10" Jobsite Table Saw, <i>new & used saw blades — \$300⁰⁰</i> 617-328-9396 ^{1/13} FREE FREE: 2 kids gates or pet gates - computer desk - 20" flat screen - new keyboard (Dell) 781-878-3834 ^{1/13}	PHYSICAL THERAPY Quincy Physical Therapy Don't let pain change the way you live. Get on the right track today! All insurances accepted Call 617-481-2000 ^{3/3}	ROOM FOR RENT FURNISHED ROOM in smoke-free home. Last bus stop in Houghs Neck. \$185/wk. Joe 617-773-1084 ^{1/20}	RESEARCH PARTICIPANTS NEEDED  ELM TREE RESEARCH Clinical research company Financial Compensation Participants will be compensated \$40 PARTICIPANTS NEEDED FOR RESEARCH ON BLOOD CLOTTING FACTORS Who do we need? • Participants who are 18 years or older • Be in good general health What is it for? Looking for volunteers to donate blood to aid in the testing of new laboratory equipment to determine how fast blood clots When and Where? Dates and times are flexible and will be within the span of 4 months starting in December. You will only have to come in one time to donate small amount of blood at Elm Tree Clinic 21 School St., Quincy, MA 02169 • Mon.-Fri. (9am-5pm) For Scheduling and Questions Please Call: 617-302-3343 ^{1/6}		
PERSONAL PRAYER TO THE BLESSED VIRGIN "Oh, most beautiful flower of Mt. Carmel, Fruitful vine, splendor of heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my Mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mother, I place this cause in your hands (three times). Say this prayer 3 consecutive days, and then you must publish and it will be granted to you. Holy Spirit and Miracle Prayer. Thank You. E.A.B. ^{1/13}	PERSONAL THANK YOU ST. JUDE, ST. ANTHONY, ST. JOSEPH, ST. MICHAEL, BLESSED MOTHER, ST. PEREGRINE, ST. LUCEY AND ST. THERESA L.H.B. ^{1/13} THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. T.H. ^{1/13}	HELP WANTED Personal Care Attendant Needed in the Neponset Area Special Needs Woman A Rewarding Job! Mon-Fri 6:30AM - 8:30AM & 3:00PM - 5:30PM Must be available both shifts. Paid through Mass Health. Experience & References Req. 781-308-9000 ^{1/20} THANK YOU BLESSED MOTHER, AND ST. JUDE M.W.S. ^{1/13}			

The Quincy Sun

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☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

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Want to pick up a copy of The Quincy Sun?
Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station HANCOCK MARKET 1520 Hancock St. MIGNOSA'S FRUIT BASKET 138 Granite St. STAR MARKET 130 Granite St. WALGREENS 132 Granite St. FRANKLIN ST. BP 60 Franklin St. 7-11, 78 Franklin St. SHOP N SAVE LIQUORS 20 Independence Ave. ADAMS VARIETY 22 Independence Ave. DONUT + DONUTS + MUFFINS 33 Scamnell St. PRESIDENTIAL LIQUORS 25 Scamnell St.	DAILY MART 291 Quincy Ave. ROCHE BROTHERS The Falls WALGREENS 418 Quincy Ave. ARTERY GROCERY 1000 Southern Artery 7-11 495 Washington St. DAIRY FARM 330 Washington St. 7-11 230 Washington St. STOP & SHOP, Southern Artery CVS, Southern Artery WALGREENS, 550 Adams St. 7-11, 650 Adams St. 7-11, 678 Adams St. VILLAGE COMM. MKT. 100 Willard St. GRANITE MART 308 Willard St.	COPELAND LIQUORS 273 Copeland St. 7-11, Copeland St. JOE'S PLACE 260 Centre St. CORNER FOOD MKT. 1060 Hancock St. 200 FOOD MART 200 Sea St. ADAMS SHORE SUPERMARKET 494 Sea St. PALMER STREET MARKET 231 Palmer St. BERNIE'S GENERAL STORE 1147 Sea St. WEST ELM VARIETY 139 W. Elm Ave. 7-11, 721 Hancock St. BEALE ST. NEWS AND TOBACCO 17 Beale St. CVS, 42 Beale St. COFFEE BREAK CAFE 12 Old Colony Ave.	SUPREME LIQUORS 615 Hancock St. SQUANTUM MARKET 205 W. Squantum St. STOP & SHOP 65 Newport Ave. 7-11, 363 Hancock St. WALGREENS 324 Hancock St. SAM'S VARIETY 125 Billings Rd. LUCKY'S WINE & LIQUOR 66 Newbury Ave. 5 CORNER FOOD MART 163 Newbury Ave. ATLANTIC MARKET & LIQUORS 247 Atlantic Ave. CARMINE'S CAFE 69 Huckins Ave. 7-11 751 E. Squantum St. LUCKY SHAMROCK 265 Beale St. EVEREST MARKET 121 Standish Ave.
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OBITUARIES

Michael J. Honrado

A funeral Mass for Michael J. Honrado of Bridgewater was celebrated Jan. 7 in St. Joseph Church, Quincy.

Mr. Honrado died peacefully on Jan. 2 at his home in the comfort and love of his family.

Raised and educated in Boston, Mr. Honrado worked as a manager at Burger King.

He is predeceased by his father James Karalekas; beloved son of Mary Honrado Clough of Bridgewater; step-son of James Gardner of Bridgewater; dear brother of Sophina Clough of Boston, Katerina Clough of Boston, and Selina Clough



MICHAEL J. HONRADO

of New Hampshire; loving grandson of Carmelita Honrado of Quincy and the late Alejandro Honrado; nephew

of Edgar Honrado of Brockton, Marites Cruz of Quincy, Glecelyn Honrado of Quincy, Carl Honrado of Brockton, and Alejandro Honrado Jr. of Brockton. Mr. Honrado is also survived by many cousins and his godchild, Allison Elisio.

Memorial donations be made to Beth Israel Deaconess Cancer Research at: Beth Israel Deaconess Medical Center, Office of Development, 330 Brookline Ave (BR), Boston, MA 02215. Please label that the donation is for cancer research.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Americo 'Rico' Sandonato, 91

Americo "Rico" Sandonato, age 91, a longtime resident of Quincy, died peacefully Dec. 30 in the comfort of his home, surrounded by his loving family.

Mr. Sandonato was born in Prezza, Province of L'Aquila, Abruzzo, Italy, to the late Pasquale and Giovanna (Pasqualone) Sandonato. Raised and educated there, Mr. Sandonato immigrated to the United States at the age of seventeen, and had lived in Quincy for sixty-nine years, in the home that was built with his late father.

He was self-employed as the owner and operator of R.S. Masonry in Quincy for over forty-five years.

Mr. Sandonato enjoyed gardening, toiling in his workshop, and golfing. He loved Italian music and spending time with his longtime friends.

Beloved husband for sixty-three years of Dora (Spadocchia) Sandonato.

Most of all, Mr. Sandonato was devoted to his family.



AMERICO SANDONATO

ily and was especially proud of his cherished grandchildren, supporting their many activities and accomplishments.

Devoted, loving, and supportive father of Lina McLean of Cape Cod, Anna T. Scurti of Easton and her late husband Michael, and Jeannie Sandonato of Weymouth.

Loving grandfather of Chelsea and Zachary McLean, Ariana and Steven Scurti, Matthew and Mikayla Murphy.

Brother of Andrea San-

donato and his wife Cristina of Quincy and the late Arnaldo Sandonato. Brother-in-law of Lillian Ascenzo and her husband Oscar of North Reading. Americo is also survived by many nieces and a nephew who absolutely adored him.

Due to COVID-19 concerns and at the request of the family, funeral services and interment were private. A celebration of Mr. Sandonato's life will take place at a later date when it is safe to gather.

If you would like to share a memory or a message with the Sandonato family, you are invited to send an email to: ml094@msn.com.

Memorial donations may be made to the Dana Farber Cancer Institute, Memorial Contributions, for the Multiple Myeloma Unit, P.O. Box 849168, Boston, MA 02284-9168.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Michelle M. Mullen, 49

A funeral Mass for Michelle Marie "Shelly" Mullen of Braintree, formerly of Quincy, was celebrated Tuesday in Sacred Heart Catholic Church, Weymouth.

Ms. Mullen died peacefully Dec. 30 with her loving family by her side. She was 49.

Ms. Mullen touched many people's hearts throughout her life. She lived life to the fullest, dancing, playing drums, coloring, singing, laughing, loving God, her family, and friends. Ms. Mullen lit up every room with her infectious smile, friendliness, fun-loving personality, and a genuine concern for others.

She enjoyed going to



MICHELLE M. MULLEN

Happy Acres Day Camp in Quincy and participated in several Quincy recreational programs. Ms. Mullen loved spending time with her Braintree peers and going to community outings.

Beloved daughter of Geraldine and the late Peter Mullen. Dear sister of Donna Murphy and her husband Jack of Abington, the late

Peter J. Mullen, Diane Jackson and her husband Paul of Quincy, Carolyn and Cynthia Mullen, both of Quincy, Shawn Mullen and his wife Nancy of CO, Laura Plant and her husband Neal Plant of Weymouth. Loving aunt of seven nieces and nephews, one great-grandnephew, many cousins, aunts, and uncles.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Arc of the South Shore, Inc., 20 Pond Park Rd., Hingham, MA 02043 or Glastonbury Abbey, Attn: Abbot Thomas, 16 Hull St., Hingham, MA 02043.

Funeral arrangements were made by Keohane Funeral Homes.

Louise M. Bacon, 90

A funeral Mass for Louise M. (Prezioso) Bacon, 90, of Quincy will be celebrated Friday at 10 a.m. in St. John the Baptist Parish, Quincy.

Mrs. Bacon died peacefully Jan. 6 at the Hancock Park Nursing and Rehabilitation in Quincy.

Born in Quincy on Jan. 2, 1932, she was the daughter of the late Louis and Assunta (Ricci) Prezioso. Mrs. Bacon attended local schools and graduated from high school with the Class of 1950. In addition to raising her family, Mrs. Bacon worked in the manufacturing industry, as a typist for Pneumatic Scale in Quincy for many years.

Mrs. Bacon was the beloved wife of John J. Bacon, with whom she shared



LOUISE M. BACON

many loving years of marriage. She was the devoted mother of Susan M. Devoe and her husband Stephen of Revere, David A. Bacon and his wife Ivanilde of Stoughton, and the late John M. Bacon. Mrs. Bacon was the loving grandmother of Anthony Bacon and his wife Amanda of Bridgewater, Stephanie Surpris and her

husband Rodney of Revere, and Shawn Devoe of Cambridge. She was the loving great grandmother of Mariah and Isaiah Surpris of Revere. She was the dear sister of the late Anthony and the late Frederick Prezioso. Louise is also survived by many loving nieces and nephews.

Visiting hours are 4 to 8 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held in the funeral home Friday at 9 a.m.

Services conclude with interment in Pine Hill Cemetery, Quincy.

Memorial donations may be made to the charitable organization of your choice.

Sara E. Gilliatt, 84

Sara Ellen "Sally" (Cotie) Gilliatt, of Quincy, died peacefully on Thursday, October 21, 2021 at Season's Hospice in Milton. She was 84.

Born in Boston on January 31, 1937, she was the daughter of the late Lawrence F. and Ann (Newmann) Cotie. Mrs. Gilliatt attended local schools and graduated from high school with the Class of 1955.

She worked in banking administration for State Street Bank in Boston. She retired in 2002 after more than 25 years of service. In

her spare time, she enjoyed playing bingo, coloring, reading, listening to talk radio and podcasts.

Mrs. Gilliatt was the best mother anyone could have asked for. She was strong, loving, and had a wonderful sense of humor. Sally will be missed by all the lives she touched.

Mrs. Gilliatt was the beloved wife of the late Frederick E. "Gene" Gilliatt, who died in 1991. The two married on Sept. 14, 1963 at St. Matthew's Church in Dorchester. Together they shared 28 loving years of

marriage. She was the devoted mother of Gina L. Gilliatt of Quincy, and the loving aunt of Jennifer Cotie of Florida. She was the dear sister of the late William Cotie.

Funeral services and interment will be held privately.

Memorial donations may be made to Best Friends Animal Society by visiting bestfriends.org.

Funeral arrangements were made by Keohane Funeral Homes.

A funeral service for Carol (Eklund) Cayon of Weymouth was held Monday in Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mrs. Cayon died peacefully, surrounded by her family, on Dec 26.

Wife of the late Roy G.

Carol Cayon



CAROL CAYON

Cayon the cherished mother of Sandra Bacon and her husband John of Weymouth, and Thomas Cayon and his wife Deanna of Wolfboro, NH. Beloved sister of Theresa Arnone of Pembroke, Paul Eklund of Holbrook, William Eklund of

Braintree, Michael Eklund of Randolph, Rosemary Trythal of FL, and the late Harlold, Laurie and Alfred Eklund, and niece of Florence Khaler of Brookline. Beloved grandmother of Bradley, Adam, Alyssa, Morgan, Peyton and Nicole. Also survived by many nieces and nephews.

Mrs. Cayon was a retired phone company employee who enjoyed playing bingo, bowling, volunteering, and being involved in her grandchildren's many events. Her vibrant spirit will be greatly missed.

Interment at Knollwood Memorial Park, Canton.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

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Virginia B. Sloan, 83

Virginia B. (Frost) Sloan, age 83, of Braintree, died peacefully Sunday at South Shore Hospital in Weymouth, surrounded by her loving family.

Mrs. Sloan was born in Somerville, raised and educated in Roxbury's Mission Hill. She graduated from the former Girls' High School in Roxbury, Class of 1956. She had lived in Braintree for nine years, previously in North Quincy for thirty-five years, and earlier in South Boston. She and her family also spent many summers at their cottage on Long Pond in Lakeville.

Mrs. Sloan was a devoted homemaker, but also worked for over fifteen years as a records clerk at State Street Bank for the International Funds Department in Quincy.

She enjoyed crocheting, playing cards, going to the casino, and bingo. Mrs. Sloan was a longtime member of the Daughters of the American Revolution. She was also a direct descendant



VIRGINIA B. SLOAN

of Myles Standish.

Most of all, Mrs. Sloan was devoted to her family, especially her children and grandchildren, supporting all their many activities and accomplishments.

Beloved wife for sixty-four years of Lawrence J. Sloan, with whom she proudly shared the same birthdate.

Devoted mother of Cheryl A. Trocki and her husband William of Braintree, Laura L. Amante and her husband David of Plainville, and the late Joseph T. Sloan who died November 17, 2021.

Loving grandmother of Steven A. Trocki and

his wife Jill of Weymouth, Katelyn A. Reaney and her husband Mike of North Easton, and David B. Amante of Florida. Loving great-grandmother of Paulina and Daisy.

One of seven siblings, she was predeceased by Barbara Friley, Ralph Frost, Jane Michael, Walter Frost, and Helen Rogers, and is survived by Gladys Gagnon of Quincy. She is also survived by many nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Thursday from 3 to 6 p.m. The family requests that those attending wear a mask or face covering. Funeral services will be conducted at the funeral home on Friday at 10 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

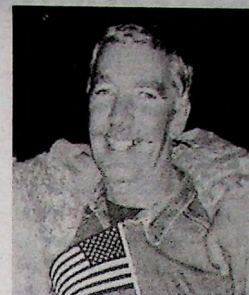
Memorial donations may be made to the Lakeville Animal Shelter, 8 Montgomery St., Lakeville, MA 02347.

John 'Jerry' G. Mullen, 66

A funeral service for John "Jerry" G. Mullen, 66, of Quincy was held Wednesday in McDonald Keohane Funeral Home, North Weymouth.

Mr. Mullen died at his home surrounded by his family on Jan. 7.

The beloved husband of 25 years to Susan (Duffy) Mullen of Quincy. Cherished father of Christine M. Ellis and her husband Joshua of Whitman, Russell Mullen and his wife Melissa of Hanson, Robert Mullen and his wife Karen of Halifax, Jason Amato and his wife Matura of Weymouth, Patrick Mullen and his wife Courtney of Mansfield and Daniel Amato and his wife Jessica of Weymouth. Brother of Thomas Mullen and his wife Rosalind of Quincy, Lori Debennte-



JOHN G. MULLEN

court and her husband Ted of Plymouth, Frank Mullen and his wife Barbara of Haver, Joe Mullen and his wife Maryanne and William Mullen and his wife Hong all of Quincy. Mr. Mullen is also survived by 11 grandchildren and many nieces, nephews and dear friends.

A lifelong Quincy resident, Mr. Mullen worked as a mechanic for many years before retiring. He enjoyed

camping and boating. A member of Local #4, Mr. Mullen was proud to be an American and was very active in the veteran community, volunteering and helping out wherever he was needed. He was grateful for all the sacrifices our veterans made in order for us to enjoy our freedom.

The fabric of Mr. Mullen's life was his family. He was so devoted to them and so very proud of each of them. They were what gave his life meaning. Mr. Mullen will be sadly missed by everyone who had the pleasure to know him.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Quincy Veterans Services Department, 24 High School Ave., Quincy, MA 02169.

Foto Laci, 83

Graveside services for Foto Laci, age 83, of Quincy, were held Jan. 8 in Pine Hill Cemetery, Quincy.

Mr. Laci died peacefully Jan. 2 at South Shore Hospital, in the comfort of his loving family.

He was born in Dervician, Albania, to the late Thoma and Maria Laci. Mr. Laci was raised and educated there. He immigrated to the United States in 2004, settling in Quincy.

Mr. Laci was employed as an industrial mechanic in



FOTO LACI

the factory setting and had been retired for many years.

Mr. Laci was devoted to his family, especially his

wife, children, and grandchildren.

Beloved husband for sixty-one years of the late Maria (Bozo) Laci, who died Feb. 7, 2021. Devoted father of Eli Laci, Eleni Laci, both of Greece, Thoma Laci of Quincy, and Kosta Laci of Hingham. Loving grandfather of nine and great-grandfather of two.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Henry R. Previte, 94

Henry R. Previte, age 94, formerly of East Boston, died Jan. 8.

Mr. Previte was born in East Boston to the late Frank and Irene (Giusti) Previte. He was raised in East Boston and Graduated from East Boston High School, Class of 1944.

Mr. Previte was a devoted husband and caregiver to his wife, Rita (Miceli) Previte during their 67 years of marriage. He was a devoted father to his children, donna (Previte) MacFadgen and her husband Chris of Pembroke, David Previte and his wife Kerrie of Holbrook and Karen (Previte) Bartlett of Danvers. Mr. Previte is also survived by his grandchildren, Courtney and Christopher MacFadgen, Matthew Previte and Cristina (Previte) Cardona. He is also survived by many nieces and nephews.

Mr. Previte received a Bachelor's degree from Boston University. He received his Master's degree in education from Boston University, Master's degree in social work from Boston College School of Social Work and was a licensed certified social worker with state of Massachusetts.

At 18 years old, Mr. Previte enlisted in the United States Navy, serving his country for 4 years. He taught delinquency at Suffolk University, Boston University and Northeastern University.

He also worked at the Youth Services Board Detention Center, the Roxbury Special Youth Program and the Division of Youth Services. Mr. Previte worked



HENRY R. PREVITE

for the city of Boston, Youth Activities Commission for 20 years. Prior to retirement, Mr. Previte worked for 15 years at the Boston Police Department as deputy director of personnel.

Mr. Previte was an avid

stamp collector, with an extensive stamp collection, trading stamps all over the world. He loved all sports and was a New England Patriots ticket holder for 20 years. He was an avid reader and enjoyed playing cards with family and friends throughout his life.

At the request of the family the funeral and burial will be private.

The Previte family would like to thank all of the doctors, nurses, caregivers and private care providers for the compassionate care and devotion over the years.

Funeral arrangements were made by Keohane Funeral Homes.



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www.dolanfuneral.com

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Red Cross: National Blood Crisis May Put Patients At Risk

The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to

wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to make an appointment now to give in the weeks ahead.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

Pandemic Challenges

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally,

the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

"Winter weather across the country and the recent surge of COVID-19 cases are compounding the already dire situation facing the blood supply," said Dr. Baia Lasky, medical director for the Red Cross. "Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care."

Over the next month,

about 55% of donation appointments remain unfilled in the Massachusetts Red Cross Region. Make an appointment to give blood or platelets as soon as possible by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

The Red Cross and the NFL are partnering this January, during National Blood Donor Month, to urge individuals to give blood or platelets and help tackle the national blood shortage. Those who come to give blood, platelets or plasma in January will automati-

Cont'd On Page 25

NOTICE OF PUBLIC HEARING

Case ZBA 21-88

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of JCBT Architect for a Variance to subdivide the lot into two (2) lots and construct a new two-family structure on the newly created lot while converting the existing single family on the lot into a two-family home in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 5.1 (parking) on the premises numbered 8 PRICE STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBTm3TDZBUGh4U1pYQT09>

Meeting ID: 865 4684 9306

Passcode: BqW94M

One tap mobile

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Dial by your location

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Meeting ID: 865 4684 9306

Passcode: 424263

Find your local number: <https://us06web.zoom.us/j/krM0voiRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-98

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of Minh Van for a Variance/Finding to demolish the existing 2-family residence and to construct two, 2-family townhouse residences for a total of four (4) residential units in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 3.4.3 (nonconforming structures) on the premises numbered 62 BILLINGS STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBTm3TDZBUGh4U1pYQT09>

Meeting ID: 865 4684 9306

Passcode: BqW94M

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Meeting ID: 865 4684 9306

Passcode: 424263

Find your local number: <https://us06web.zoom.us/j/krM0voiRF>

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Martin Aikens, Chairman

1/6/22, 1/13/22

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from 2030 Ocean Street LLC doing business as Wine & Market, Daniel Newcomb, Manager, for an Off-Premises Package Store All-Alcoholic Beverages License for the premises located at 67 Billings Road. The premises is a single-story first floor retail location with basement storage of approximately 2,642 sq. ft. A hearing will be conducted at 4:00 p.m. on Tuesday, January 25, 2022 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: January 25 License Board Hearing

Time: Jan 25, 2022 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://quincycollge.zoom.us/j/2309068852>

Meeting ID: 230 906 8852

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+1 301 715 8592 US (Washington DC)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollge.zoom.us/j/kDpyqzFG>

Nicole L. Crispo
Chair

1/13/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-100

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of Austin Kelley for a Variance to construct an attached two car garage and mudroom with living area above in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) on the premises numbered 2 EATON ROAD, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBTm3TDZBUGh4U1pYQT09>

Meeting ID: 865 4684 9306

Passcode: BqW94M

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Meeting ID: 865 4684 9306

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Find your local number: <https://us06web.zoom.us/j/krM0voiRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

OBITUARY

Maryanne Smith, 65

A funeral service for Maryanne (Lavigne) Smith, 65, of Quincy, will be held Saturday at 4 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Smith died Jan. 7.

The beloved wife of 40 years to Paul Smith of Quincy. Loving mother of Stacey MacNeil and her husband Matthew of Weymouth, Scott Smith and his wife Melanie of Quincy, AnneMarie Martino and her husband Gary of Hanover, Matthew Smith of Quincy, Thomas Smith and his wife Kara of Weymouth and his wife Dennis Smith and his wife Julia of Quincy. Daughter of the late John and Mary (Landers) Lavigne. Sister of Robert Lavigne of Boston, Diane Cameron of Quincy and the late John Lavigne. Cherished Nana of Jack and Maggie MacNeil, Ryleigh and Reese Smith, Joseph and Michael Martino and Grace and Conor Smith. She



MARYANNE SMITH

is also survived by many niece and nephews.

Mrs. Smith was a beautiful lady both inside and out. She was a wonderful caretaker, full of love and passion especially for her grandbabies. She will be missed by everyone who knew her.

Visiting hours are 1 to 4 p.m. Saturday at the funeral home.

Memorial donations may be made to St. Jude Children's Hospital, 501 St. Jude Place, Memphis TN 38105.

More Obituaries online at
www.TheQuincySun.com

NOTICE OF PUBLIC HEARING

Case ZBA 21-101

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of CPLD ST LLC for a Variance to construct a 3-story, 8-unit multifamily structure with incorporated parking in violation of Title 17 as amended, Chapter 4.1.1 (conformance), Chapter 4.2.7 (open space) and Chapter 4.3.6.2 (Residence B) on the premises numbered 201 COPELAND STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBTm3TDZBUGh4U1pYQT09>

Meeting ID: 865 4684 9306

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Martin Aikens, Chairman

1/6/22, 1/13/22

Red Cross: National Blood Crisis May Put Patients At Risk

Cont'd From Page 24

cally be entered for a Cross, those who come to donate will also be automatically entered to win a home theater package and a \$500 e-gift card. Terms apply; visit RedCrossBlood.org/SuperBowl for more information.

Who Donations Help

Kala Breder knows all too well how dire not having blood available can be. In July 2020, hours after the birth of her son by emergency Cesarean section, Breder developed a complication and began bleeding uncontrollably. As doctors fought to save her life, they exhausted the entire blood supply at the hospital as well as all available blood within a 45-mile radius. Ultimately, she was flown to another hospital because there wasn't enough blood

locally.

Breder credits the 58 different blood products she received with helping save her life. "Without one of those, I probably wouldn't be here," she said. "I needed every last unit."

Volunteers Needed

In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections across the country. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. Blood transportation specialists – another volunteer opportunity – provide a critical link between blood donors and blood recipients by delivering blood to hospitals in communities

across the country. To volunteer to support Red Cross blood collections, visit redcross.org/volunteertoday.

Blood drive safety

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

Save time during donation

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass. With RapidPass, donors complete the pre-donation reading and health history questionnaire

online, on the day of donation, from a mobile device or computer. To complete a RapidPass, follow the instructions at RedCrossBlood.org/RapidPass or use the Red Cross Blood Donor App.

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Health insights for donors

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease who require trait-negative blood. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive sickle cell trait screen-

ing results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

About the

American Red Cross

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

Baker-Polito Launch Tool For Residents To Access COVID-19 Digital Vaccine Card

The Baker-Polito Administration on Monday announced a tool that gives residents a new way to access their COVID-19 digital vaccine card and vaccination history.

The new tool, called My Vax Records, allows people who received their vaccination in Massachusetts to access their own vaccination history and generate a COVID-19 digital vaccine card, which would contain similar vaccination information to a paper CDC card.

The COVID-19 digital vaccine cards produced by the system utilize the SMART Health Card platform and generate a QR code that can be used to verify vaccination. The Administration is not requiring residents to show proof

of vaccination to enter any venue, but this tool will help residents who would like to access and produce a digital copy of their record.

Access the new tool at MyVaxRecords.Mass.Gov.

How It Works: The new tool is easy to use: a person enters their name, date of birth, and mobile phone number or email associated with their vaccine record. After creating a 4-digit PIN, the user receives a link to their vaccine record that will open upon re-entry of the PIN.

The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. It also includes a QR code that makes these same details

readable by a QR scanner, including smartphone apps. Once the SMART Health Card is received, users are able to save the QR code to their phone, such as the Apple Wallet, screenshot the information and save it to their phone's photos, or print out a copy for a paper record. The system follows national standards for security and privacy.

This system provides an optional way that residents can access their vaccination information and a COVID-19 digital vaccine card. This will provide residents with another tool to provide proof of COVID-19 vaccination, should it be requested by businesses, local governments, or other entities.

The system leverages

the Massachusetts Immunization Information System (MIIS), the official database used by health care providers across the state to record vaccination information. The system relies on hundreds of providers inputting demographic and health information. Some users may not be able to immediately find their record, or may find an incomplete record. Residents whose record cannot be found or is incomplete can either contact their health care provider or contact the MIIS team to update their records. Learn more about the tool and view frequently-asked-questions at www.mass.gov/myvaxrecord.

Massachusetts has worked with VCI, a voluntary coalition of public

and private organizations which developed the open-source SMART Health Card Framework in use by other states. The VCI coalition is dedicated to improving privacy and security of patient information, making medical records portable and reducing healthcare fraud.

My Vax Records is one way residents can obtain their COVID vaccination record. Pharmacies that ad-

ministered the COVID vaccine and many health care providers also are making SMART Health Cards available, or are providing additional options.

LEGAL NOTICE

CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT

Docket No. NO19P0278EA
Commonwealth of Massachusetts

The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Sean Ring
Date of Death:
11/20/2018

A Petition for Order of Complete Settlement has been filed by Elizabeth R. Crowley of Scituate, MA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account and other such relief as may be requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 A.M. on the return day of 02/09/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 4, 2022
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

DIVORCE SUMMONS BY PUBLICATION AND MAILING

Docket No. NO21D1164DR
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Eveline Maxis vs.
Gardy Bien-Aime

To the Defendant:

The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for irretrievable breakdown. The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411.

You are hereby summoned and required to serve upon: Eveline Maxis, 105 Taffrail Road, Apt. #4, Quincy, MA 02169 your answer, if any, on or before 02/02/2022. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 13, 2021
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

DEPARTMENT OF NATURAL RESOURCES

"REPAIRS TO VETERANS STADIUM PERIMETER WALL"

JANUARY 27, 2022 @12:00 p.m.

Detailed specifications are on file at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

Project consists of repairing and replacing the four common wall conditions that have been identified during TLHC's survey of the perimeter wall. Certain portions of the wall were identified as acceptable to remain as is, other sections were identified as requiring repointing, others were identified as requiring repair, other sections were identified as complete rebuild.

Bids must state exceptions, if any, the delivery date and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through an email to: purchasing@quincyma.gov. Questions will be accepted until JANUARY 21, 2022 at 12:00 p.m.

A non-mandatory Pre-bid meeting scheduled for 1/18/2022 @ 11:00 a.m. at Veterans Stadium, 850 Hancock St. *PLEASE ENTER STADIUM OFF MERRYMOUNT PKWY ACROSS FROM MITCHELL MCCOY FIELD.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All Federal, State and City of Quincy regulations and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, Purchasing AGENT

1/13/22

1/13/22

1/13/22

SUN FUN PAGES

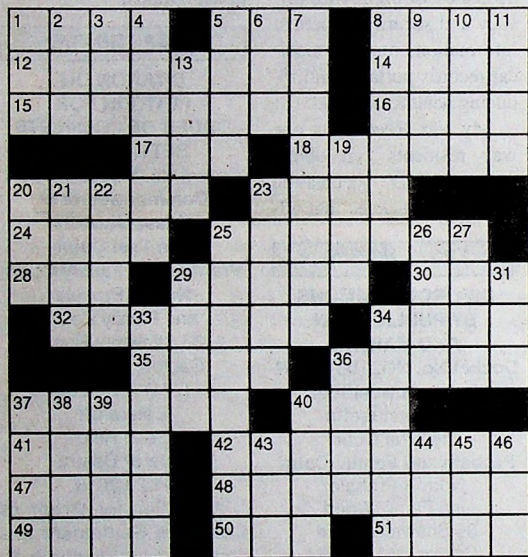
King Crossword

ACROSS

- 1 Even
- 5 Apply cream
- 8 "The Good Earth" heroine
- 12 "Please go ahead"
- 14 Fork prong
- 15 The National Pastime
- 16 Circus structure
- 17 Cacophony
- 18 Scalawags
- 20 Basilica areas
- 23 Diving duck
- 24 Soccer legend
- 25 Brewing gizmo
- 28 Greek letter
- 29 Not — out of place
- 30 Skull need
- 32 Kook
- 34 Ordered
- 35 Skin breakout
- 36 Notorious
- 37 Port city of Poland
- 40 Former Mideast org.

DOWN

- 1 Bar bill
- 2 "— tree falls ..."
- 3 UFO crew
- 4 One of the Ramones
- 5 Cannon of film
- 6 MSN rival
- 7 Reduced-rate postal delivery
- 8 Canada's capital
- 9 Actor
- 10 Green Gables girl
- 11 Tennis barriers
- 13 Baseball stats
- 19 Cornhusker's
- 21 Mexican money
- 22 Lost traction
- 23 Black Panthers leader Bobby
- 25 Appreciative
- 26 Rich soil
- 27 Stow cargo
- 29 Grade-school basics
- 31 Flushed
- 33 Hang loose?
- 34 Diva Streisand
- 36 Kismet
- 37 Bleak
- 38 Baby's father (Abbr.)
- 39 Unsigned
- 40 Fed. food inspector
- 43 Chemical suffix
- 44 — Lingus
- 45 Back muscle, briefly
- 46 USN officers



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MAGIC MAZE • ROCK BANDS OF THE '70s

SDWAXVSQNKIFD N A
XVTOQOMNAV A R A C D
J O H F B C A B L O N D I E Y
W U H (P I N K F L O Y D) E R P
N L J W H K I S S L F P D B Z
X V T R E Q O A E I P M K I H
F D B Z Y H W E R U S H S V T
R Q S E N O T S R A C E H T O
N L F A U S T P K I Y H N F D
C A Z X N I L E P P E Z D E L
W V U D A E D L U F E T A R G

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: THE ROLLING —

- | | | | |
|-------------|---------------|------------|----------|
| Blondie | Genesis | Pink Floyd | The Cars |
| Caravan | Grateful Dead | Rainbow | The Who |
| Deep Purple | Kiss | Rush | Yes |
| Faust | Led Zeppelin | Steely Dan | |

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Scarf is shorter. 3. Cap is different. 4. Collar is different. 5. Arm is moved. 6. Window is smaller.

Trivia test by Fifi Rodriguez

1. LITERATURE: What was the title of Stephen King's first published novel?
2. ADVERTISING SLOGANS: Which restaurant chain has the advertising slogan, "Have it your way"?
3. U.S. PRESIDENTS: Who was the first president whose likeness appeared on a U.S. coin?
4. TELEVISION: What is the family's last name in the "Family Ties" sitcom?
5. LANGUAGE: What does the Latin phrase "lupus in fabula" mean?
6. GEOGRAPHY: What did the city of Mumbai, India, used to be called?
7. MOVIES: Which movie features a character called

Rooster Cogburn?

8. LITERATURE: Which 20th-century novel features a type of language called "newspeak"?
9. SCIENCE: What temperature is the same on the Celsius and Fahrenheit scales?
10. FOOD & DRINK: Where was Coca-Cola first sold?

Answers

1. "Carrie"
2. Burger King
3. Abraham Lincoln
4. Keaton
5. The wolf in the story
6. Bombay
7. "True Grit"
8. "Nineteen Eighty-Four," by George Orwell
9. -40 degrees C and -40 degrees F
10. Atlanta

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Wishing Well®

8	7	8	3	6	7	4	6	2	6	5	4	3
S	H	E	B	P	U	G	R	D	E	B	O	E
5	2	5	3	6	4	2	6	8	4	6	4	5
L	E	U	A	S	A	P	T	E	L	I	S	E
8	5	7	8	6	5	2	6	8	7	6	8	3
K	S	S	M	G	K	E	E	O	T	H	D	L
5	8	2	5	8	7	4	5	2	3	7	4	2
I	E	N	E	R	L	N	S	D	E	E	O	O
8	4	7	6	8	7	2	6	3	6	4	6	4
A	T	T	E	T	O	N	I	R	G	A	H	L
8	2	8	6	3	6	8	4	7	2	7	4	7
I	O	O	T	T	E	N	T	S	T	U	E	C
4	2	6	7	4	6	2	7	4	2	7	2	7
R	H	N	C	E	S	E	E	D	R	S	S	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary

setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

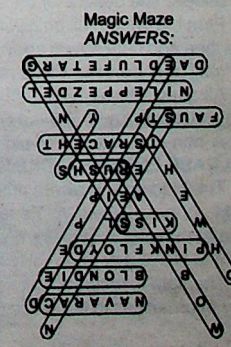
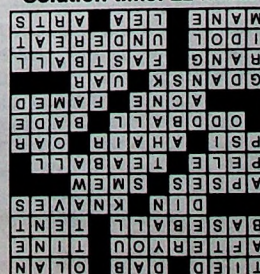
Clue: L equals R

DZQLQ YOHD AQ N FNBUCLQNHSK
U NY XNUDUKT NLSOKC EOLDUFQBP,
AOD U LQNBPP CSK'D MKSX XZND
U'Y BOLMUKT ESL.

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King Crossword — Answers

Solution time: 22 mins.



There must be a valid reason I am waiting around further. I really don't know what I'm looking for.

CryptoQuip answer

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Are great movie musicals a thing of the past? When Steven Spielberg decided to remake “West Side Story,” he purported to reimagine what the American Film Institute chose as the second greatest movie musical of all time. Spielberg’s “West Side Story” received 93% positive notices from 306 reviews, which critics called “a knockout,” “brash effervescence” and “a poignant American fairytale.” But The New Yorker magazine disagreed, saying “Spielberg’s ‘West Side Story’ remake is worse than the original. Spielberg makes misguided additions and removed much of the best.” The film cost \$100 million, and was originally due Dec. 18, 2020, but was delayed by COVID-19. In its 45-day theatrical release, it needed to gross \$300 million to break even. They’re looking down a long road for that. It’s unfortunate that the film was banned in four major Middle East countries due to objections to the transgender character “Anybody’s,” played by non-binary actor Iris Menas. Forbes magazine has announced there will be a stage musical sequel, “Maria,” by Steven Sapp and his wife, which focuses on what happened to Maria after Tony’s death. Maria was alive at the end of “West Side Story,” but Juliet died in “Romeo and Juliet.” Shakespeare never wrote a sequel.

AFI’s list of the 20 greatest movie musicals ranks “Singing in the Rain” at No. 1, followed by the original “West Side Story,” “The Wizard

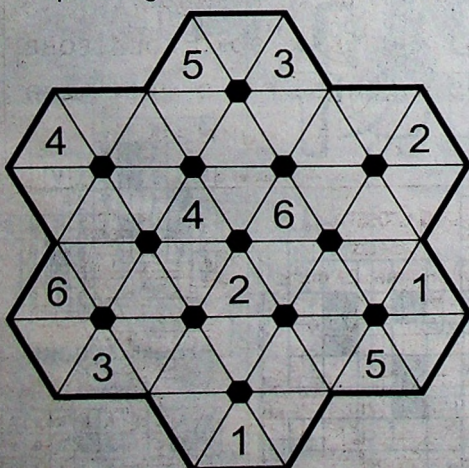
of Oz,” “The Sound of Music” and “Cabaret.” Rounding out the top 10 are “Mary Poppins,” “A Star Is Born” (with Judy Garland), “My Fair Lady,” “An American in Paris” and “Meet Me in St. Louis.” “The King and I” comes in at No. 11, followed by “Chicago,” “42nd Street,” “All That Jazz,” “Top Hat,” “Funny Girl,” “The Band Wagon,” “Yankee Doodle Dandy,” “On the Town” and “Grease.” But where are the great musicals such as “Gigi” and “Oliver” (Oscar-winners for best picture and director)? And perennial holiday favorites like “White Christmas” and “Easter Parade,” or classics such as “Oklahoma,” “Carousel,” “Camelot,” “Lili,” “The Great Ziegfeld,” “Silk Stockings” (great Cole Porter score), “High Society” (Sinatra/Crosby, Grace Kelly, Louis Armstrong) and the Oscar-winning “True Love.” Then there’s “Hello Dolly” (Barbra Streisand and Louis Armstrong singing the title song is electrifying), “The Dolly Sisters” (Betty Grable and June Haver at their best), “No Business Like Show Business” (Marilyn Monroe at her hottest singing “Heat Wave”) or “Bye Bye Birdie” (Ann-Margret’s breakout role? And how could Irving Berlin’s “Annie Get Your Gun,” with the showbiz national anthem, “There’s No Business Like Show Business,” be left off? The American Film Institute rated “Citizen Kane” the best film of all time over “Gone with the Wind.” Frankly, my dears ...

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		14		
÷		x		+			
	x		+		15		
x		+		÷			
	+		x		15		
21		20		16			
1	2	3	4	6	7	8	9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Bell Toys — Bell toys, a type of pull toy that had moving parts that rang a bell, were made in America just after the Civil War. The Gong Bell Co. of Connecticut made the first one. It was an iron four-wheel platform, holding a bell and an animal. The animal kicked or hit the bell when the platform moved. A popular bell toy featured an elephant that stepped on the bell to make it ring. The 9-1/2-inch-long toy is made of decorated metal. It was estimated to be worth \$800 to \$1,200. Later bell toys used wood, tin or other metals and added realistic hair or animal hide. The toys were all painted. The 1880s and 1890s were the golden age for bell toys, and in the 1900s copies were made of metal and eventually plastic. Today, bell toys are wood or plastic made by Fisher Price or Playskool.

Q: I have dishes with bowls that look like heads of lettuce and plates that are a single lettuce leaf. They are marked with the signature "Dodie Thayer." Can you tell me anything about them?

A: Large leaves probably were one of the first “plates” used at a feast. So it’s not surprising that plates were shaped like cabbage or lettuce leaves by the 1600s. Leaf-shaped European majolica plates were made by Delft, and by the 18th century they also were crafted by English potteries Wedgwood, Longton Hall, Chelsea and Minton, and French potteries Jacob Petit and Palissy. There was Etruscan Majolica from Pennsylvania, and modern giftware items like California Dodie Thayer ceramics.

This Palm Beach dishware was made during the 1960s and ‘70s. Dishes were made from molds of actual cabbage or lettuce leaves, or full heads of the vegetable. Pink, red, yellow and green sets were made. They are signed with the artist’s name. Recently, the Lettuce Ware dishes were reproduced for the Tory Burch shops in green or white. Full sets are made with cups, plates, tureens and more. A new salad plate costs \$40. Leaf-shaped dishes of all ages are popular with collectors, but only those made of porcelain or after 1900 should be used to serve food.

CURRENT PRICES

Mouse trap, domed wire cage on hexagonal wood base, round opening at bottom, bail handle, France, 1940s, 5 x 5 1/2 inches, \$25.
Badge, Labor Day celebration, ribbon, arm holding American flag, quote, white ground, multicolor, pinback, 1890s, 2 1/2 x 8 inches, \$85.
Wall hanging, cherub, hand-carved wood, paint and gilt, wings wrap around the neck and spread out, upcast eyes, 1800s, 9 x 12 inches, \$615.
Ginger jar, bright yellow ground with pink and green peaches, butterflies and flowers, porcelain with bronze lid, c. 1800, 9 inches, \$4,100.

TIP: Do not use an old crib or place old painted furniture and toys near very young children; check the paint. The use of lead paint was discontinued in the U.S. in 1978.

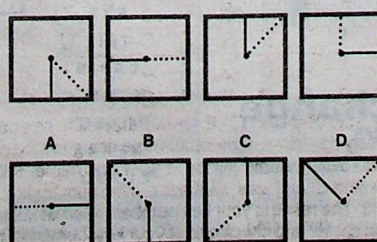
For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Which box comes next in the following sequence?



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Strange BUT TRUE

- Pinball was banned in most major cities from the early 1940s to the mid-1970s because it was considered a game of chance and, therefore, gambling.
- Oysters can change genders back and forth.
- The Zildjian Company was founded in 1623 by Avedis Zildjian, an Armenian alchemist who ended up making a cymbal instead.
- Tobacco companies spend the most money on advertising in January, when many people make a New Year’s resolution to quit smoking, but the largest increase in new smokers actually occurs in the summer.
- There’s a national pillow-fighting tournament in Japan.
- A 43,000-square-foot room beneath the Lincoln Memorial that was forgotten about until 1974 is filled with concrete columns and has its own plant life and ecosystem, as well as graffiti from the original workers.
- Humans are comprised of about 30 of the 118 elements on the periodic table.

Their iPhones, however, are made up of about 75 elements.

- Intelligent people have more traces of copper and zinc in their hair.
- The manchineel tree is one of the most toxic trees in the world. Its sap causes blisters, eating its apples can be potentially fatal, and the smoke from a burning manchineel can cause blindness.
- Pythagoras, of Pythagorean Theorem fame, ran a commune that was forbidden to wear wool, forced to put their right sandal on before their left, and believed that beans could contain the souls of the dead, so even crushing a bean was considered murder.
- Every day, around 18 acres of pizza are eaten in America.
- At the U.S. Open and other U.S.-based tennis tournaments, the men play with the slower, heavy-duty felt balls while the women play with the faster, regular-duty felt version.

Thought for the Day: “Everyone knows something I do not; therefore, everyone is my teacher.” — Unknown

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Now here’s a tip!

by Jo Ann Derson

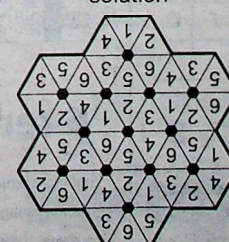
- Freshen stuffed animals by securing a few in a pillowcase and adding a fabric softener sheet. Put in the dryer on low heat for 20 minutes, then remove and brush out the fur, if necessary, while still warm.
- “Keep a quart container in the freezer and whenever you have a small amount of leftovers, chop them up and add it to your container. When it’s full, thaw it. Add some of your favorite soup beans, pizza sauce, milk and cheese, and you have a unique and delicious soup.” — M. from Pennsylvania
- If you’ve been decluttering as a part of your New Year’s resolutions, and you came across old pairs of eyeglasses, know that you can donate them to any Lion’s Club in your area. They redistribute the glasses to those who cannot afford them. You don’t have to know the prescription, and they take reading glasses, too!
- How can you keep snow and ice off your windshield? Some say a solution of three parts vinegar to one-part water sprayed on the windshield each night can cut your ice-scraping time in half or better. (Use caution to avoid your paint job.) Also, try covering your wipers with an old pair of long socks so they don’t freeze to the glass!
- “For pastry cooking, try grating frozen butter into the flour. It cuts in better and will stay cool longer. This helps when I’m making shortbread, as the flour and butter need to be combined. I don’t end up having to put it in the fridge to cool it back down.” — C.S. in South Carolina

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Sticklers Answer

Go Figure! answers

	16		20		21
15		x	8	+	7
	÷		+		x
15		3	x	3	2
	+		x		÷
14		4	-	4	6

counter-clockwise.
while the dotted line moves 45 degrees
move clockwise 90 degrees each time.
The answer is B. The solid black line
is 90 degrees clockwise from the dotted line.

Super Crossword

TURNABOUT

ACROSS

- 1 Cries noisily
- 5 Stuff in steel
- 9 Horse cousin
- 12 Often-smoked food
- 15 U.K. neighbor
- 18 "As above," in citations
- 19 Extremely deep sleep
- 20 Pavarotti of opera
- 22 U.S. neighbor
- 23 Make every effort to be obliging
- 26 Vivacity
- 27 Mosaic work
- 28 -TURN (road sign)
- 29 - Mason (asset management firm)
- 30 BLT offerer
- 31 To any extent
- 32 Revolution of Triton with respect to Neptune
- 36 Author Anais
- 37 Twosome
- 39 Not tidy
- 40 Two-pip card
- 41 Pressing it moves a cursor to the previous character

DOWN

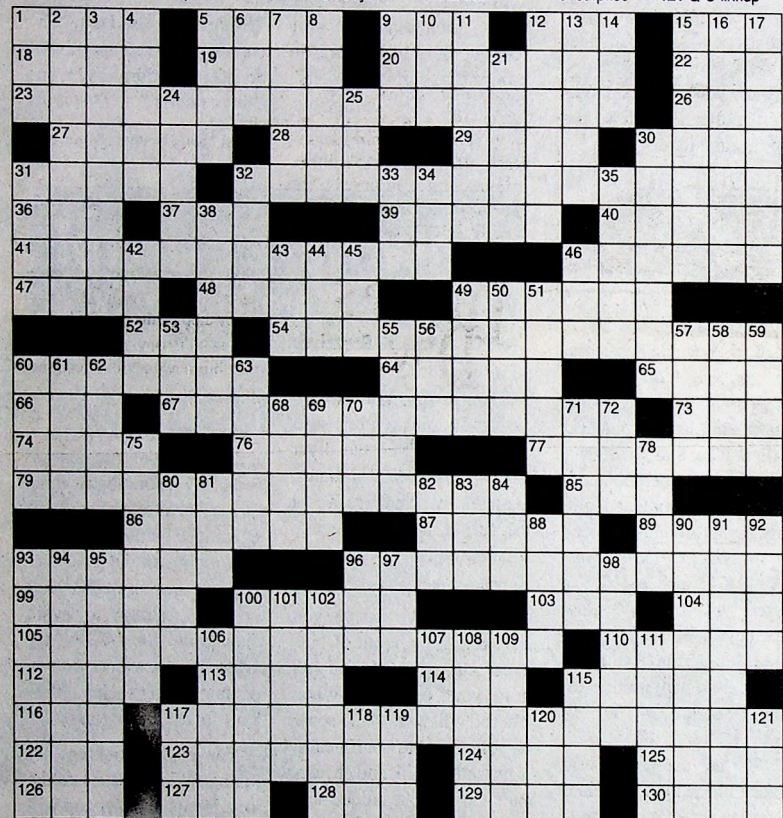
- 46 Shorelines
- 47 Off the shore
- 48 Justice
- 49 Program using ".doc"
- 52 Mu - pork
- 54 Horace Greeley's advice for American expansion
- 60 Huge aid
- 64 In base eight
- 65 She's a star
- 66 Palme - (Cannes film award)
- 67 Bus driver's order
- 73 Ship like Capt. Nemo's
- 74 To - (exactly)
- 76 Marisa with an Oscar
- 77 Cadences
- 79 Irritate
- 85 Suffix with hell
- 86 More pasty
- 87 Horse opera
- 89 Arthur of tennis
- 93 Singers Idol and Ocean
- 96 Sticker message on a rented VCR tape

ACROSS

- 99 At full speed, old-style
- 100 A deadly sin
- 103 "Patience - virtue"
- 104 Pro vote
- 105 Do a 180, say
- 110 Rapper with the album "Press Play"
- 112 Old Italian stage actress
- 113 1953 Leslie Caron film
- 114 " - always say ..."
- 115 Jeopardy (Cannes film award)
- 116 " - my fault"
- 117 Parent's mind game with a child (or what you have to use to solve this puzzle?)
- 122 Even score
- 123 Guys rowing
- 124 Smartphone downloads
- 125 Suffix with well
- 126 States, informally
- 127 Singular of "Mimes."
- 128 Beltway VIP
- 129 Watery castle protector
- 130 Once, in olden days

DOWN

- 1 Bro's kin
- 2 Strange things
- 3 Former Fed head Ben
- 4 Little
- 5 "Ugh"-worthy
- 6 Bird of myth
- 7 Muscat resident
- 8 Honcho
- 9 Lager cousin
- 10 Nissan Rogue, e.g.
- 11 Bawls out
- 12 Irritable from being ravenous, slangily
- 13 Lay - (really fail)
- 14 Wild crowd
- 15 Stimulus
- 16 Vote in for a another term
- 17 Lapses
- 21 Notions
- 24 Ralph - Emerson
- 25 1921 Karel Capek play
- 30 Feared a lot
- 31 Author Seton
- 32 Bull in a ring
- 33 Cockney's residence
- 34 Often-smoked food
- 35 Stenches
- 38 Actress Address
- 42 Do laundry
- 43 Jillian of TV (2002 hit)
- 44 Spanish aunt
- 45 Relatives, informally
- 46 Light bed
- 49 Mixed breed
- 50 Zest or Ivory
- 51 "Ben-Hur" director
- 53 The woman
- 55 "Understood"
- 56 S.Sgt., e.g.
- 57 Yearn (for)
- 58 Female cell
- 59 Talks idly
- 60 Yrly, gift-giving time
- 61 Greek "I"
- 62 Heightened (lab item)
- 63 - dish (bio lab item)
- 68 T. - Price
- 69 The "E" of EMT: Abbr.
- 70 Snide
- 71 Sixths doubled
- 72 Method: Abbr.
- 75 "Liberté, —, fraternité" (France's motto)
- 78 Bangkok citizen
- 80 "Bye Bye Bye" band
- 81 Exclamations of surprise
- 82 "Sk8er -"
- 83 Assembly line labor org.
- 84 Tpk., e.g.
- 88 Actor Idle
- 90 Parachute user
- 91 Unmindful
- 92 Online bidding site
- 93 Roving robbers
- 94 "Gotta go"
- 95 - faire
- 96 '50s prez
- 97 Not pos.
- 98 "Raider"
- 100 Previous convictions
- 101 Little brooks
- 102 Tough-to-translate phrases
- 106 Composer Edward
- 107 Opposite of 104-Across
- 108 Tea-growing Indian state, for short
- 111 Dunne of film
- 115 Covert "Hey!"
- 117 - Kippur War
- 118 Half of a bray
- 119 Wolf Blitzer's channel
- 120 Clean air gp.
- 121 Q-U linkup



celebrity extra

by Dana Jackson

Q: Who plays Beth on the hit show "Yellowstone"? I've never seen her before. -M.C.

A: Kelly Reilly plays headstrong Beth Dutton, daughter to Kevin Costner's John Dutton, in the blockbuster Western drama "Yellowstone." She was born in 1977 in Surrey, England. She started out as a stage actress and was nominated for a Laurence Olivier Award in 2003. In 2005, she played Caroline Bingley in the film "Pride & Prejudice" opposite Keira Knightley. Her first leading role was in the 2008 horror flick "Eden Lake" with Michael Fassbender. She later played Vince Vaughn's wife in the second season of HBO's "True Detective."

"Yellowstone," which airs on the cable channel Paramount, is a huge hit, with its season premiere this year bringing in more than 8 million viewers. Next up for Reilly is the upcoming film "Promises," a romantic drama set in Europe co-starring Italian actor Pierfrancesco Favino ("Night at the Museum").

Q: Is the British show "Peaky Blinders" coming back with new episodes anytime soon? I've watched all the episodes on Netflix and was hoping for more. -L.L.

A: Yes, there will be a sixth and final season of "Peaky Blinders." Cillian Murphy ("The Dark Knight Rises") stars in the series about a gangster family in Birmingham, England, during the roaring '20s, and the upcoming new season is expected to hit Netflix before the summer of 2022.

Season six promises to answer the cliffhanger of who betrayed Tommy. There have been rumors that big-name stars like Julia Roberts and Samuel L. Jackson will have roles, but nothing has been confirmed. However, creator Steven Knight announced that a "Peaky Blinders" feature film or two are definitely in the cards.

Q: I started watching "The White Lotus" on HBO mainly because Connie Britton is my favorite actress. However, I'm very impressed with everyone on the show, in particular the manager of the resort and the actress who plays the young journalist. Can you tell me about them? -E.A.

A: "The White Lotus," which was filmed at a completely re-decorated Four Seasons resort in Maui, is about a group of wealthy but clueless vacationers in Hawaii. It starts off with a mystery - a coffin is seen being loaded onto a plane - before flashing back to the beginning of the story.

Australian actor Murray Bartlett plays Armond, the harried hotel manager. Daytime soap fans might remember him as Julian on "All My Children" and then later as Cyrus on



Kelly Reilly plays Beth Dutton in the Paramount Western "Yellowstone"

Photo Credit: Deposit Photos

"Guiding Light." He's guest-starred on "The Good Wife" and "Nashville," the latter of which starred Britton. Next up for him is the postapocalyptic series "The Last of Us" co-starring Nick Offerman and Pedro Pascal, which will air on HBO later this year.

Alexandra Daddario plays newlywed Rachel Patton. She was a regular on the shows "White Collar" and "Parenthood" before landing the much-talked-about role of Woody Harrelson's mistress in season one of "True Detective." Most recently she played Jade on the Paramount+ dark comedy series "Why Women Kill."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

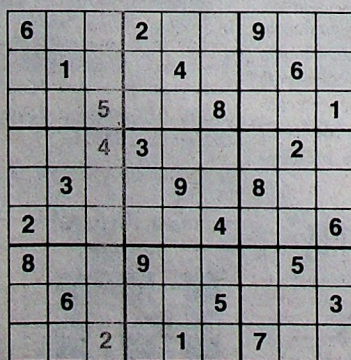
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-----------|--------------------|-----------|
| 1. A dozen dozen | ___ O ___ | Mower's target | ___ A ___ |
| 2. Basement | ___ E ___ | Arrest | ___ O ___ |
| 3. Window sealer | ___ U ___ | Burger portion | ___ A ___ |
| 4. Exhilarate | ___ A ___ | The upper crust | ___ I ___ |
| 5. Lone Star capital | A ___ | Actor Hoffman | D ___ |
| 6. Hooray, well done | ___ O ___ | Heroic | ___ E ___ |
| 7. Peril | ___ N ___ | Cloak and | ___ G ___ |
| 8. British drummer | ___ R ___ | Turn on the engine | ___ T ___ |
| 9. Little meower | K ___ | Hand warmer | M ___ |
| 10. Rabbit cage | ___ T ___ | Gut feeling | ___ N ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

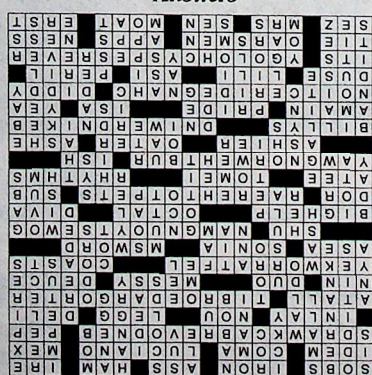
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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Super Crossword

Answers

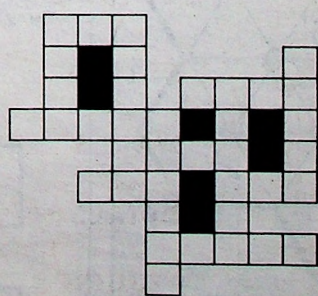


Even Exchange answers

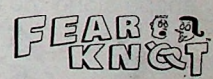
- | | |
|-------------------|-------------------|
| 1. Gross, Grass | 6. Brave, Brave |
| 2. Cellar, Collar | 7. Danger, Dagger |
| 3. Putty, Patty | 8. Stern, Start |
| 4. Eerie, Elite | 9. Kitten, Mitten |
| 5. Austin, Dustin | 10. Hunch, Hunch |



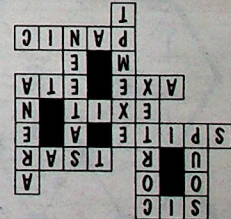
- ISC
METPEX
PETIS
♥ATSR
♥TENSEA
EAX
TEIX
CAPIN
♥TAE
ROXECT
NEARA
♥UPSO



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



answer



Weekly SUDOKU

Answer



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Amber Waves



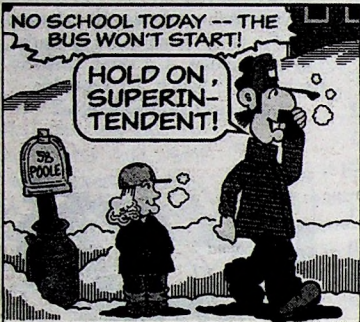
by Dave T. Phipps

Out on a Limb



by Gary Kopervas

R.F.D.



by Mike Marland



Donna's Day Creative family fun

by Donna Erickson

Easy Grilled Cheese Sandwiches for a Crowd

Is there such a thing as easy entertaining? When reviewing our busy December days, I admit that in spite of my intentions, parties became a bit of a production with my long to-do lists and shoutouts to kids to run last-minute trips to the store to pick up mushrooms for the gravy or to our Scandinavian market for lingonberries and herring. By the time I lit ice candles on our porch to welcome guests, I had to ask myself, "Could I have simplified this?"

In this new year, I want to keep our welcome candles burning for all, but skip a bit of the fancy and go for the easy-prep practical. After all, it's the get-together that matters, right? Spending time around the table eating, laughing and connecting with family and friends matters most.

That's where making and serving oven-baked grilled cheese sandwiches for a crowd, the easy way saves the day. Bake them in the oven all at once instead of the traditional way of grilling in batches on your stovetop in a frying pan. They'll be evenly browned and done at the same time, ready to be paired with a bowl of piping hot soup, such as fragrant basil tomato.

Slice the sandwiches in half diagonally and watch your guests enjoy dipping the pointed ends into the soup. Crispy, gooey and tasty, you'll be creating fond food memories in 2022.

Here is my basic oven-baked grilled cheese sandwich recipe. Feel free to embellish with spicy mustard or mayo sauce spread inside, and add additional varieties of cheese. Sometimes I include a pinch of kale or other fresh greens I have on hand.

OVEN-BAKED GRILLED CHEESE SANDWICHES

12 slices white bread a half-inch thick, such as pre-sliced Texas toast

Butter, softened for spreading

6 thick slices cheddar cheese

1. Preheat oven to 450 F. Set parchment paper on a large baking sheet.
2. Ask your child to count and place six slices of bread on the parchment lined sheet. Butter each piece and flip over.
3. Lay a slice of cheese on the unbuttered side. Top with another slice of bread. Butter top side.
4. Bake in the oven for 5-6 minutes until bread is toasted on exposed side.
5. Flip with a spatula and bake an additional 5 minutes until golden brown and cheese is just melted.
6. Cool for two minutes. Slice in half diagonally and arrange on a platter. Serve with hot bowls of your favorite tomato soup. Makes 6 sandwiches. ***

Find more family fun at www.donnaerickson.com. Write to Donna at Info@donnaerickson.com

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SCRAMBLERS

solution

STRUGGLE

Today's Word

3. Elated; 4. Refuge

1. Twinge; 2. Askew

Hitori

answer

9	3	8	7	5	5	9
7	3	1	2	9	4	5
1	6	1	3	1	5	2
5	1	5	5	9	6	2
2	5	6	2	7	3	5
5	2	5	2	1	4	5
2	5	4	7	2	3	3

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Pang	WETING				
Wander	WAKES				
Joyful	DETALE				
Haven	FIGURE				

TODAY'S WORD



"May I have this _____?"

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MORE FUN

COUCH THEATER

BY RACHEL ROSE

Betty White Goes Wild! (PG) — Everyone's favorite nonagenarian comedic actress would have reached 100 years old this month, and Disney+ had already planned to re-release her 2013 NatGeo documentary in celebration of the milestone. Now it's being shown in tribute to a life well lived. In the special, Betty visits two California wild animal parks and spends time learning about all the varieties of big cats. One particularly unexpected and beautiful scene captures her remarkable ability to establish a calm rapport with a roaring lion that had the rest of her crew ducking out for safety. The lifelong animal lover and advocate was truly in her element in this show, and the joy the animals brought her is what makes watching it so pleasurable. (Disney+)

Somebody, Somewhere (NR) — This is one of those shows that when you watch the trailer and you just know it's going to be your jam. Comedian/writer/cabaret performer Bridget Everett plays Sam, a no-nonsense 40-something woman who returns to live in her childhood hometown in Kansas. Experiencing the grief of losing her sister — and sorting through all her sister's stuff — is just one of the weights bringing her down. By chance she gets acquainted with a former high-school classmate (played by Jeff Hiller) who introduces her to a rogue show choir full of misfits. There she finds a place to fit in and a much-needed reawakening of a dormant passion and talent. (HBO Max)

Wolf Like Me (NR) — Need a new series to get into but really don't want a huge commitment? Try "Wolf Like Me" this week. The new romantic comedy is just six 30-minute episodes, all available on January 13. In it, Josh Gad ("Book of Mormon," "Frozen") and Isla Fisher ("Confessions of a Shopaholic," "The Great Gatsby")

play Gary and Mary, a very newly acquainted couple who meet each other in the aftermath of a car crash. As tends to happen, both bring their own emotional baggage to the relationship; Gary is a widowed single dad, and Mary has some huge secret that is not immediately revealed but promises to be a big deal. Show creator Abe Forsythe has kept plot twists closely held secrets to maintain the element of surprise and promises a cliffhanger ending for every episode. (Peacock)



National treasure Betty White's work to be re-released as a tribute on Disney+

Brazen (TV-MA) — Alyssa Milano is seriously the hardest working woman in Hollywood, barely taking a break between projects, and she's not slowing down yet. Her latest movie has her portraying Grace McCabe, a mystery writer and crime expert. When her newly divorced-and-struggling-through-a-custody-battle sister is murdered, Grace goes against a detective's warnings and involves herself in the death investigation (very "Murder She Wrote," right?). Things get really dicey when it's discovered that her sister had a secret second life as a webcam performer, which may or may not lead to a suspect. The film is based on the 1988 novel "Brazen Virtue" by Nora Roberts, with a few 21st-century updates. (Netflix)

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Contract Bridge

FAMOUS HAND

South dealer.

North-South vulnerable.

NORTH

♦ 10 9 5
♥ A Q 10 5 4
♦ Q 5 4
♣ J 6

WEST

♦ K 6
♥ 6 2
♦ A K 10 7 3
♣ K Q 8 2

EAST

♦ 2
♥ K J 9
♦ 9 8 6 2
♣ 10 9 5 4 3

SOUTH

♦ A Q J 8 7 4 3
♥ 8 7 3
♦ J
♣ A 7

The bidding:

South West North East
1 ♣ 1 NT Dble 2 ♣
4 ♠

Opening lead — king of diamonds.

Every regular partnership must make certain to discuss the precise meaning of various defensive signals. This is true for any pair that hopes to achieve the best results possible.

Today's deal shows what can happen if a pair is not on the same wavelength. Amazingly, the deal occurred in the 1977 world championship match between Australia and Sweden, and involved one of the best pairs of that era.

by Steve Becker

At the table in question, with a Swedish pair North-South, the bidding went as shown. West (Dick Cummings) led the king of diamonds, on which East (Tim Seres) played the six. Seres was afraid to play the deuce on the king because he thought that might be interpreted as suggesting a club shift.

However, Cummings thought that the six play might be based on the 6-2 doubleton, so he continued with the ace of diamonds. This play ultimately proved fatal.

South ruffed and returned a low trump toward dummy. Cummings went up with the king and then — too late — shifted to the king of clubs. Declarer won with the ace and embarked on a line of play that guaranteed the contract regardless of where the missing heart honors were located. He led a trump to dummy's nine, discarded the club seven on the queen of diamonds and ruffed the jack of clubs. Then, having eliminated both minor suits from his own hand and dummy, declarer led a heart and finessed the ten. East won with the jack but was helpless.

Whether he returned a heart, a diamond or a club, declarer would score the rest of the tricks. So the Swedish declarer succeeded in making four spades in a hand where, with best defense, he would have gone down two.

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

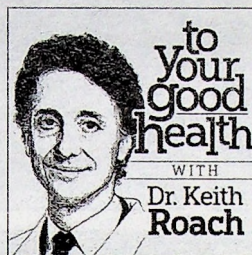
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

XIBU EJE UIF QBQFS TBZ UP UIF

UP UIF QFODJM?

ZPV MPPL WFSZ TIBSQ UPEBZ.



Spleen Screens Bacteria And Spent Blood Cells From Body

DEAR DR. ROACH: I had an abdominal X-ray to check on my gallstones, and was surprised to find an enlarged spleen. I was told it might be leukemia or lymphoma! I was sent to an oncologist, who reassured me that I did not have cancer and recommended I get checked again in six months. My doctor checked it after three, and my spleen had gone back down!

What is all this with the spleen? People have it removed after injuries, like accidents. It seems to be insignificant, but can it be an omen for cancer? -- M.K.

ANSWER: The spleen is an underappreciated abdominal organ. Its major job is to filter and remove old or damaged red blood cells, but it also removes bacteria. In addition, the spleen acts as a very large lymph node, allowing infection-fighting white blood cells to gather and activate. Removal of the spleen leaves people at a higher risk of some kinds of bacterial infections.

Enlargement of the spleen has many potential causes. Both liver and heart disease can cause passive congestion of the spleen with blood. Cancer, especially lymphoma, is a common cause, but infection is one cause to consider in a person in whom the spleen enlarges and then returns to normal. There are many less-common causes as well.

If the spleen is removed or is nonfunctional (this is almost universal in adults with sickle cell disease, for example), then infections are common, and vaccinations have a different

and more intensive schedule, ideally given when the spleen is still in place and working.

It is probably worth it for your doctor to continue to keep an eye on.

DEAR DR. ROACH: An acquaintance has recently (within the past two years) been diagnosed with Parkinson's disease. She is now using a "cell membrane stabilizing" diet. Is this likely to help her? Is there any evidence that it works? -- S.P.M.

ANSWER: Although I wasn't able to find anything about a specific diet with that name, I reviewed the literature on the effects of diet on Parkinson's disease, and the data are still preliminary. For most of the recommendations I have, there are conflicting reports.

Of the dietary factors with the best data, I found that fruits and vegetables are likely to be helpful and to protect against damage to the part of the brain affected by PD. Omega-3 fatty acids were found to be helpful in animal models of PD. Products high in soy protein and caffeine (especially from tea) may have some benefit. Again, these data are not strong, so I am not recommending a dramatic change in the diet solely to protect against PD. However, fruits and vegetables are certainly of benefit for multiple systems, and I am comfortable recommending a diet high in those.

Milk and other dairy products have been shown in some, but not all, studies to have a detrimental effect on PD.

Diet is of importance in many areas of health, but the role in PD seems to be modest, based on current literature. As always, a visit with a registered dietitian nutritionist is worthwhile to get specific and personalized information.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Creamed Celery and Cheese

If your family usually gives vegetable dishes no respect, give this ultra-easy side dish a try.

- 1 1/2 cups finely chopped celery
- 1 (2-ounce) jar chopped pimiento, undrained
- 2 cups frozen peas, thawed
- 1/3 cup fat-free sour cream
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often. Add sour cream and parsley flakes. Mix well to combine.

2. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

• Each serving equals: 80 calories, 0 g fat, 5 g protein, 15 g carb., 148 mg sodium, 4 g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

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1. Who released "Daddy Don't You Walk So Fast"?
2. Where did the name of "disco" music and dance come from?
3. Who released "To Sir With Love"?
4. Which singer released "Private Dancer"?
5. Name the song that contains this lyric: "I run a comb through my hair and step out in the street."

Answers

1. Wayne Newton, in 1972. The song climbed the charts around the world and was even translated into other languages.
2. France. During the 1940s when the Nazis were occupying Paris, "discotheque" was a type of nightclub where patrons danced to phonographic records. Disco became popular in the U.S. in early '70s, emerging out of an urban subculture.
3. Lulu, born Marie McDonald McLaughlin Lawrie, in the 1967 film of the same name, starring Sidney Poitier. It was the best-selling single of the year, after staying at No. 1 for five weeks.
4. Tina Turner, on her album of the same name, in 1984.
5. "Make Me Lose Control," by Eric Carmen, in 1988. The song was a single that was never on an album and stayed at the top of the adult contemporary chart for three weeks. It came out shortly after Carmen's "Hungry Eyes" in the film "Dirty Dancing."

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Puzzles4Kids Answer

You look very sharp today.
to the pencil?
What did the paper say

'The Promise Of Democracy Is Shared By All Of Us'

Cont'd From Page 15

She added: "Here where we can feel the living history let us raise these lights in silence. Listening to the sounds of our city, listening to the stirrings of our hearts, listening for those stories of memory and hope that we carry with us from last year. Let us join in witness."

"As we enter the time of silence, its own form of communication, let us take a deep breath together feeling that spirit and life and love that moves within, between and beyond us all and in times when we are angry, in times when we are scared, in times when we are apathetic, let us remember that that shared breath of life and love is always there to ground and guide us, is always there to challenge us and to sustain us so that we might find our greatest courage to keep our moving in a direction of equality and compassion and justice for all."

After she concluded her remarks, one attendee remarked, "Well said, well said" while others clapped.

The group then formed two semi-circles along the apron of the church and front steps and bonded in somber silence for the duration of the vigil that concluded at 6:30 p.m. The church bell tolled for the last five minutes of the vigil.

Among those attending the vigil was Rev. Sheldon Bennett, minister emeritus, United First Parish Church.

Asked why he was present at the vigil, Rev. Bennett replied:

"I believe it's important as citizens that we stand in public witness to uphold the values, the principles, the ideals and the promise of a democratic society and at the same time to stand against and condemn all violence and hateful demagoguery that would undermine that promise of democracy and secondly as people of faith we stand to bear witness the essential and sacred worth and dignity of every person and their rightful claim to full and equitable participation in a free and just society."

Rev. Bennett said he was "shocked and appalled" by the first news accounts of

the insurrection.

"I was shocked and appalled I think with practically all thoughtful Americans that what we were witnessing— in one sense it wasn't a surprise — yes that event in the way it that unfolded was shocking but given the many years of hateful rhetoric and misinformation and lies that were being perpetrated from many quarters in our society it's not surprising that some people succumbed to that and were just venting their rage and hate and frustration in that way."

Former President Trump and many of his supporters continue to maintain that he did not lose the 2020 election and dispute the final tallies in several states including Georgia. Biden was elected the 46th president of the United States with 306 electoral votes to Trump's 232; 270 electoral votes are needed to win the presidency. Biden won the popular vote with 81,268,924 votes (51.3 percent) to Trump's 74,216,154 votes (46.9 percent).

Asked if he is optimistic that the country will unify or still concerned about deep divisions, Bennett replied:

"I wish I were more confident — on one level I do have a deep trust in the strength of our institutions of democracy; at the same time I am deeply disturbed by the growing number of Americans who are apparently succumbing to some of the misinformation and the continuing lying that's being advocated from certain quarters that the election was not fair and just and our current government is not duly elected. That's very harmful to our democracy and that gives me concern."

"I both have hope and I have concern."

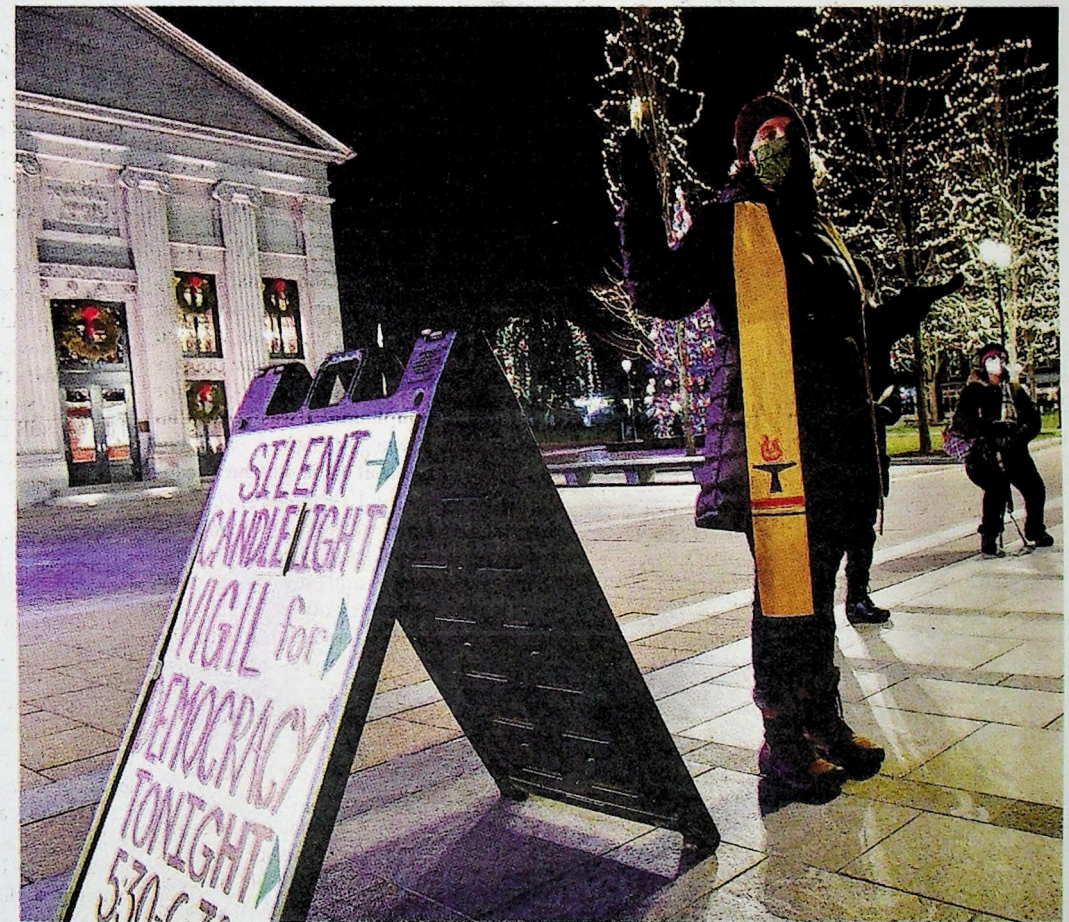
Quincy was among communities in the state and across the country where vigils were held marking the one-year anniversary of the insurrection. Quincy's vigil was better attended than Boston's which attracted about 40 people.

The government continues to investigate losses that resulted from the breach of the Capitol, including damage to the Capitol building



SILENT VIGIL ATTENDEES hold candles and signs outside United First Parish Church Jan. 6 as they listen to remarks by church minister Rev. Rebecca Froom (below) before the start of the vigil. Rev. Froom, in part, said: As we enter the time of silence, its own form of communication, let us take a deep breath together feeling that spirit and life and love that moves within, between and beyond us all and in times when we are angry, in times when we are scared, in times when we are apathetic, let us remember that that shared breath of life and love is always there to ground and guide us is always there to challenge us and to sustain us so that we might find our greatest courage to keep our moving in a direction of equality and compassion and justice for all."

Quincy Sun Photos/Robert Bosworth



and grounds, both inside and outside the building. According to a May 2021 estimate by the Architect of the Capitol, the attack caused approximately \$1.5 million worth of damage to the U.S. Capitol building.

According to the U.S. Attorney's Office, District of Columbia: More than 725

defendants have been arrested in nearly all 50 states and the District of Columbia in connection with the riot. This includes those charged in both District and Superior Court.

Approximately 70 federal defendants have had their cases adjudicated and received sentences for their

criminal activity on Jan. 6. Thirty-one have been sentenced to periods of incarceration. Eighteen have been sentenced to a period of home detention, and the other defendants have been sentenced to probation with no term of incarceration.

While there have been other instances of violence

at the Capitol in the 19th and 20th centuries, the Jan. 6th riot was the most severe assault on the building since the 1814 burning of Washington by the British Army during the War of 1812. For the first time in U.S. history, a Confederate battle flag was flown inside the Capitol.

South Shore Children's Chorus Awarded \$10,000 Grant

The nonprofit South Shore Young Professionals (SSYP) announces that South Shore Children's Chorus (SSCC), the region's training program for all young singers, has been awarded its 2021 \$10K Foundation Grant.

SSCC, founded in 2016, currently serves 103 students from 20 communities

across the greater South Shore region in all grades K-12, welcoming singers to learn no matter their musical experience, circumstance or financial challenges. The grant will enable SSCC to expand its mission, welcoming even more singers to experience its education programs, and enable its aspiration to grow to more lo-

cal campuses in the coming years.

South Shore Young Professionals selects one sole organization or start-up annually as its Foundation Grant recipient. The program was established in 2012, when SSYP established The Foundation and entrepreneurial grant program to help develop and support businesses on the

South Shore. The SSYP Foundation is designed to encourage entrepreneurship and innovation through financial assistance, mentorship and support for both for-profit and nonprofit organization in the South Shore region, each founded within the last seven years. The program's goal is to support entrepreneurship and economic growth on

the South Shore through a grant program designed to help start-up businesses and organizations succeed. This program fosters new ideas and innovation to bring economic development to the South Shore, a good match to South Shore Children's Chorus tenure and mission.

Currently, South Shore Children's Chorus hosts programs at its flagship

campus in Quincy, in Sharon, and new this season, in Hanover at South Shore YMCA's Laura's Center for the Arts.

For more information about South Shore Children's Chorus, including tuition and calendar, to register, or for more information, visit southshorechildrenschorus.org,

“Not everyone can be famous but everybody can be great because greatness is determined by service...You only need a heart full of grace and a soul generated by love.”

- Rev. Dr. Martin Luther King, Jr. 1929-1968



“Let us recommit ourselves to service: Service to our community and service to one another.”

- Mayor Thomas P. Koch